

Who is eligible?

Strong Minds Western NSW delivers short-term, focused psychological services for people with diagnosable mild to moderate mental health difficulties.

These services can assist those:

- From rural, remote and under-serviced areas
- Experiencing, or at risk of, homelessness
- Experiencing perinatal depression
- From culturally and linguistically diverse (CALD) backgrounds
- Designated high need population groups such as Aboriginal and Torres Strait Islander peoples, people at risk of suicide but not acutely suicidal and young people
- Children under 12 (subject to clinician availability) – please call the Strong Minds Western NSW Intake Line 02 6826 5271 for further information

Cancellation policy

Please provide at least 24 hours' notice if you need to cancel an appointment.

Failure to provide at least 24 hours' notice; or failing to attend a session without providing notice, will result in one of your sessions being forfeited.

Call the Strong Minds
Western NSW Intake Line

02 6826 5271

or go to

marathonhealth.com.au

Strong Minds Western NSW
is **NOT** a crisis service.

For help in a crisis situation, call the
24 hour Mental Health Line on
1800 011 511 or dial Triple Zero (000)

This service is funded by:



An Australian Government Initiative



Marathon Health is a not-for-profit, registered charity delivering high quality health and wellbeing services to people in country NSW and the ACT.

This service is supported by funding from Western NSW Primary Health Network through the Australian Government's PHN Program.



Strong Minds Western NSW

**Free and effective psychological
services for people living in
regional, rural and remote NSW**

What is Strong Minds Western NSW?

Strong Minds Western NSW is an evidence based, short-term counselling service offering **up to 12 FREE** psychological consultations for people with mental health difficulties.

Mental health services are delivered by trained and experienced clinicians.

This service focuses on supporting individuals through recovery to wellness and is responsive and personalised for your needs and goals.

Strong Minds Western NSW is available in towns throughout the Central, North, South and Far West NSW.

How do I access this service?

If you feel this service could help you, please see your GP for a referral to Strong Minds Western NSW and have a Mental Health Treatment Plan (MHTP) completed. Your GP will then forward the referral and MHTP to the Marathon Health Centralised Intake Service.

For children under 12 years old, a Child Treatment Plan (CTP) can be completed in place of a MHTP. Child referrals must be signed and consented to by a parent or carer.

Once a referral has been assessed and accepted, we will forward the referral to the relevant clinician who will contact you to commence sessions. Your GP will be notified of acceptance (or otherwise) and provided with your clinician's details.

Western NSW Service provider listings



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|----------------|-------------------|-------------------------|---------------------|----------------|
| 1. Balranald | 9. Collarenebri | 17. Dunedoo | 24. Lightning Ridge | 31. Parkes |
| 2. Bathurst | 10. Condobolin | 18. Eugowra | 25. Molong | 32. Peak Hill |
| 3. Blayney | 11. Coolah | 19. Forbes | 26. Mudgee | 33. Tottenham |
| 4. Bourke | 12. Coonabarabran | 20. Gilgandra | 27. Narromine | 34. Trundle |
| 5. Broken Hill | 13. Coonamble | 21. Grenfell | 28. Nyngan | 35. Tullamore |
| 6. Buronga | 14. Cowra | 22. Gulgong | 29. Oberon | 36. Warren |
| 7. Canowindra | 15. Dareton | 23. Kandos/
Rylstone | 30. Orange | 37. Wellington |
| 8. Cobar | 16. Dubbo | | | 38. Wentworth |

Call the Strong Minds Western NSW Intake Line for up-to-date service provider and town listings.