



For more information:

 **1300 402 585**

 **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)

## About Marathon Health

Marathon Health is a not-for-profit, registered charity with a vision of enabling communities to thrive through improved health and wellbeing. We deliver services from our hubs in Albury, Bathurst, Dubbo, Orange, Queanbeyan and Wagga.

We're one of the largest providers of headspace services in Australia and the largest non-government employer of allied health professionals in regional NSW.

We're passionate advocates for equal access to quality health services for people wherever they choose to live.



This service has been made possible by funding from Western NSW Primary Health Network



Marathon Health pays respect to the traditional custodians of the land we stand upon. This seal represents our commitment to working with our communities for a better future for all.



# Strong Minds Western NSW

**Free mental health support for people living in regional, rural and remote NSW**

[marathonhealth.com.au](http://marathonhealth.com.au)

## 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. Sessions are offered in person, via phone or via telehealth, dependent on availability.

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.



Call the Strong Minds Western NSW Intake Line **02 6826 5271** or visit **marathonhealth.com.au** for up-to-date service provider and town listings.

## 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 of NSW
- 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.

## 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.

In rural and remote areas of Far West NSW where GP access is limited, you may be eligible to receive up to three consultations prior to obtaining your MHTP; through a referral from a Community Health Worker. Further sessions are only available with MHTP from a GP. Check in with your local health service or contact us to check eligibility.

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 referrer will be notified of acceptance (or otherwise) and provided with your clinician's details.