

Who is eligible?

The service will deliver psychological services for people with a mild to moderate mental illness in under supported communities, including but not limited to:

- People from rural, remote and under-serviced areas (check our website for up to date service provider and town listings),
- People over the age of 12,
- Children under 8 in select locations. Please call the Strong Minds Intake Line (02 6826 5271) for further information,
- People experiencing, or at risk of, homelessness,
- Women experiencing perinatal depression,
- People from culturally and linguistically diverse (CALD) backgrounds,
- Aboriginal and Torres Strait Islanders.

Please note that Strong Minds Western NSW is NOT a crisis service. To get help in a crisis situation, call the 24 hour Mental Health Line on 1800 011 511 or dial Triple Zero (000).



Contact Marathon Health on:

T 1300 402 585

www.marathonhealth.com.au

Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

STRONG MINDS WESTERN NSW



What is Strong Minds Western NSW?

Strong Minds Western NSW is a **free**, evidence based, short-term counselling service for children and adults with a mental health illness living in Western NSW.

Mental Health Services are delivered by trained and experienced clinicians.

This service focuses on supporting individuals through recovery to wellness, 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 Intake Line for up to date service provider and town listings.

How do I access this service?

If you feel this 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.

For children under 12, 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.

Your GP will forward this information onto our Strong Minds Western NSW staff who will then contact you to make an appointment.

If you cannot keep an appointment or wish to reschedule, please phone:

- Strong Minds Intake Line:
02 6826 5271