

DISCLAIMER

Manning Valley Neighbourhood Services reserves the right to update and edit all information included in this brochure.

Whilst we have made every attempt to provide accurate, up-to-date details, we accept no responsibility for incorrect information regarding groups, organisations, services or information websites listed in this brochure.

Users of this brochure should not take the inclusions in this brochure as an endorsement by MVNS.



MVNS is located in the old courthouse
4 Farquhar Street, Wingham.

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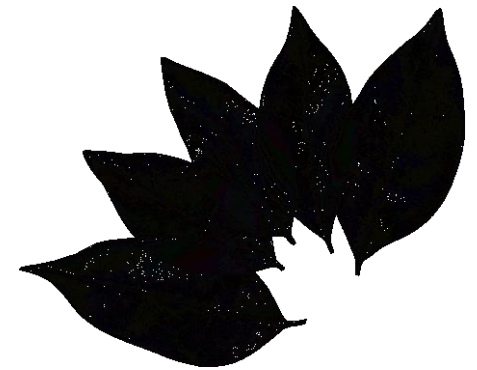
Web: www.mvns.org.au

ABN: 79 194 271 854

This resource can be downloaded from Manning Valley
Neighbourhood Services website at www.mvns.org.au

Turn Over a New Leaf.doc February 2022

Turn Over a New Leaf



Mental Health Resource Brochure for the Manning Community

WEBSITES

www.aboriginalcounsellingservices.aom.au – crisis intervention and counselling

www.beyondblue.org.au – information and support on depression and anxiety

www.blackdoginstitute.org.au – expertise in all mental health.

www.bluepages.anu.edu.au – information on depression

www.catholiccare.org.au – family and relationship counselling

www.centrelink.gov.au – welfare services

www.counsellingonline.org.au – online drug and alcohol counselling

www.crufad.org – clinical and research expertise for depression and anxiety

www.farmsafe.org.au – information on health and safety for farmers

www.flourishaustralia.org.au - connecting people with support and skills agencies

www.grow.org.au – mental health 12 step program of recovery

www.kidshelpline.com.au – online counselling for young people

www.lifeline.org.au – crisis support for mental health, wellbeing and suicide prevention

www.mensline.org.au – support for men with family and relationship problems

www.moodgym.com.au – online psychological therapy

www.psychology.org.au – find a psychologist

www.reachout.com.au – information to help young people, parents and schools through tough times.

www.relationships.com.au – relationship counselling for all Australians

www.sane.org – help for people with mental illness

www.onedoor.org.au – help with mental illness

LOCAL SUPPORT GROUPS

CCC 4 Mental Health
Advocacy for consumers and carers 6553 9377

Men's Shed, Wingham 6552 4833

Catholic Care, Taree 6539 5900
Family, foster care and relationship counselling
Focus on the needs of men, their health 0427 612 406 and wellbeing

One Door Carer Services 0429 995 907
For family and friends who are supporting a loved one with a mental health illness.

LOCAL SERVICES IN TAREE

Biripi Aboriginal Medical Centre – Taree clinic 6591 3000
Improved health of local Aboriginal communities with appropriate medical care, mental health and disease prevention programs

Purfleet clinic 6591 3000

Carer Gateway 1800 422 737
Advice and counselling for carers

Community Health Centre 6592 9315
Assessment and care of people with mental distress/disorder, child and adolescent mental health, group education and support. Mental health extended hours, rehabilitation programs, accommodation and housing support, support groups

One Door 1300 365 025 or 6551 4333
Education, advocacy and support for carers of people with a mental illness

Disability Advocacy 0466 169 614
Advocates and negotiates for people with mental illness when they have been treated unfairly by government departments, employers, education, accommodation, transport, access, financial health and disability services

Flourish Australia 1300 779 270
Connect people with support and skills services

Manning Mental Health In-Patient Unit 6592 9525
Manning Base Hospital

Manning Support Services 6551 1800
Help for men and family relationships

Mayo Mental Health Care Admissions 6539 3600
Provides inpatient and outpatient programs for a wide range of mental health disorders

Day Program 6552 0071

Valley Industries 6552 8888
Supported employment programs.

TELEPHONE CONTACTS

Emergency – Ambulance Police or Fire 000

Carers NSW 02 9280 4744

Carer Gateway 1800 422 737
Emergency respite care

Domestic Violence Line (1800 Respect) 1800 737 732

Family Relationship Advice Line 1800 050 321

Health Direct 24 hr Health Advice Line 1800 022 222

Kids Helpline 1800 551 800

Lifeline 13 11 14

Link2Home 1800 152 152
NSW crisis accommodation assistance

NSW Domestic Violence line 1800 65 64 63

One Door 1800 843 539
Care for families/carers of people with mental health

QLife 1800 184 527
Anonymous and free LGBTI support

Mensline Australia 1300 789 978

Mental Health Access Line 1800 011 511

Relationships Australia 1300 364 277

Rosewood Centre **1800 422 737**
A dedicated team of psychologists and clinicians to improve mental health and wellbeing (part of Catholic Care)

Suicide Call Back Service 1300 659 467