



## Black Dog Institute Information Hubs

### RURAL NSW

#### ARMIDALE

##### Tablelands Mental Health

Tablelands Mental Health Service is part of the Hunter New England Service. It provides assessment and intervention for people who present with moderate to severe mental health issues. Tablelands Mental Health Service has mental health clinicians based in Armidale, Glen Innes and Tenterfield. The Service looks to support people through a recovery model of care.

Armidale Community Health Centre  
Cnr Rusden and Butler Street  
Armidale, NSW  
2350  
(02) 6776 9600 for general enquiries  
1300 669 757 for referrals

##### Carer Assist

We provide information, education, advocacy and support for people who care for someone with a mental illness. We are a non-governmental organization funded by NSW Family and Mental Health Program. We work in the community to help empower mental health carers so that they and their families remain healthy and resilient in their supportive role.

Suite 8, 94 Beardy Street  
Armidale NSW 2350  
(02) 6772 3211  
Office Hours:  
Tues-Fri 9am-3pm  
[www.carerassist.org.au](http://www.carerassist.org.au)

#### BATHURST

##### NSW Central Headspace

NSW Central West Headspace is a youth-friendly, free service for anyone aged between 12 and 25 years. We provide young people with a range of services, including primary care (GP's); psychology; drug and alcohol counseling; vocational and social services; dietician; exercise physiology; sexual health; and women's health.

253 George Street  
Bathurst, NSW, 2795  
(02)6338 1100  
[www.headspace.org.au/nswcentralwest](http://www.headspace.org.au/nswcentralwest)

**The Richmond Fellowship**

RFNSW's purpose is to enhance the lives of people affected by mental illness. This is achieved through promotion of mental health and recovery for people living with mental illness and by providing community based rehabilitation within an accommodation support framework.

181 Bentnick **Street**

Bathurst

NSW 2795

(02) 6332 2300

[www.rfnsw.org.au](http://www.rfnsw.org.au)

**BELLINGEN****Chess Employment**

CHESS OSTARA is an accredited Disability Employment Network member and personal Helpers and Mentors provider across the Mid-North Coast and Northern NSW for people with Mental Health and other issues. OSTARA is an Australian contractor of Disability Employment Network (DEN) members providers who specialise in services to people with a psychiatric disability.

Bellingen

68b Hyde St, Bellingen, 2454

02 6655 2113

[www.chessemployment.com.au](http://www.chessemployment.com.au)

**BERRIGAN****Far West Health Library**

BSLS is a stand alone service consisting of 4 Branches. Berrigan Shire manages 4 towns. Tocumwal and Barooga border the Murray River with Finley and Berrigan situated north with a large surrounding rural area. Each town provides a library branch and is a Council Transaction Centre open 17.5 hours per week.

52/54 Chanter Street

Berrigan

NSW 2712

(02) 5874 2633

<http://berriganshire.nsw.gov.au>

**BROKEN HILL****Far West Health Library**

The library supports health workers and students throughout western NSW as well as the Centre for remote Health Research. It is part of the Greater Western Area Health Service library network.

Thomas Street

Broken Hill, NSW 2880

08 8080 1210

<http://gwahsopac.intersearch.com.au>

**BOURKE****The Richmond Fellowship of NSW**

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1/45 Mitchell Street

Bourke

NSW 2840

(02) 6872 4501

[www.rfnsw.org.au](http://www.rfnsw.org.au)

**COFFS HARBOUR****Chess Employment**

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PO Box 1585

Coffs Harbour, 2450

02 6691 9333

[www.chessemployment.com.au](http://www.chessemployment.com.au)

**CONDOBOLIN**

**Condobolin Community Health:** Community health servicing Condobolin and surrounding area

Madline St

Condobolin NSW 2877

(02) 6895 2600

**GRAFTON****Chess Employment**

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149 Prince St

Grafton NSW 2460

02 6644 3222

[www.chessemployment.com.au](http://www.chessemployment.com.au)

**Community Programs Incorporated:** Provides support services to the community of the Clarence Valley and Inverell. Whilst our psychosocial support requires referral from our local Community Mental Health

Service, staff are happy to provide information and make referrals.

3-7 Prince Street

Grafton NSW 2460

(02) 6642 7257

[www.communityprograms.org.au](http://www.communityprograms.org.au)

#### **GRIFFITH**

##### **Mental Health Drug and Alcohol Service**

A multidisciplinary team offering a community mental health service specialist teams for child, adolescent, adult and aged.

39 Yambil Street

Griffith, NSW 2680

Referral is via accessline: 1800 800 944

available 24 hours

(02) 6966 9900

#### **GUNNEDAH**

**Active Minds Mental Health Group:** Supporting carers and consumers who have contact with mental illnesses with special reference to community involvement

19 Wentworth St

Gunnedah NSW 2380

(02) 9879 2600

#### **LITHGOW**

##### **Lithgow General Medical Practice**

Male and female GP's

Practice Nurse and Treatment Room

Skin cancer clinic

Accupuncture

Bulk billed

136 Main Street

Lithgow NSW 2790

(02) 6352 5685

#### **MAITLAND**

**Aftercare Personal Helpers & Mentors Program:** Supports people whose lives are affected by mental illness. The program uses strength-based recovery approach to provide opportunities, support and services that will help you achieve your recovery goals and reconnect with the community. A medical diagnosis of a mental illness is not required to join the program. Anyone 16yrs and over is eligible.

Unit 2/541 High Street

Maitland NSW 2320

(02) 4931 1700

[www.aftercare.com.au](http://www.aftercare.com.au)

**Hunter Headspace:** 'One stop shop' of youth services in the Hunter focusing on mental health alcohol and other drugs, general health and social and vocational support

73 Elgin St

Maitland NSW 2320

(02) 4931 1000

[www.headspace.org.au/hunter](http://www.headspace.org.au/hunter)

**Maitland Region Suicide Prevention Network**

To facilitate a communal network in the Maitland region focused on suicide prevention, awareness and support.

PO Box 275

Mayfield 2304

0408 280 898

[david@lifelinehunter.org.au](mailto:david@lifelinehunter.org.au)

**Youth Mental Health Project:** Outreach mental health youth service for 14 - 24 year olds covering lower and upper Hunter

Melbee House

c/- Maitland Hospital

550-560 High St

Maitland NSW 2320

(02) 4939 2449

**NARRABRI**

**Narrabri Centacare - New England North West**

PHaMs program focuses on strengths - what people with a mental illness can do rather than what they can't do.

Unit 1/16 Barwan Street

Narrabin, NSW, 2390

Head office (09) 6762 1783

[www.centacarenewengland.com](http://www.centacarenewengland.com)

**PARKES**

**The Richmond Fellowship of NSW**

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157-159 Clarinda Street

Parkes, NSW, 2870

(02) 6863 5113

[www.rfnsw.org.au](http://www.rfnsw.org.au)

## **SYDNEY - Metropolitan**

### **Auburn City Library**

The library collection is made up of adult and junior materials in different formats with remote access available to online resources. Wireless internet access and personal computers (with word processing and internet access) are also available. Additional services include: Children and Youth; Home Library service; Multicultural Assistance in learning English; and photocopying.

Public library service with fee membership.

1 Susan Street

Auburn NSW 2144

Open Hours:

Mon-Thurs 9.30am-8pm

Fri 9.30am-6pm

Sat 9.30am-4pm

Sun 1pm-4pm

### **Black Dog Institute**

Hospital Road

Prince of Wales Hospital

Randwick NSW 2031

(02) 9382 4530

[www.blackdog.org.au](http://www.blackdog.org.au)

### **Aftercare Personal Helpers & Mentors Program (Blacktown)**

PHaMs is an outreach, non clinical mental health service with a focus on recovery. We work with people to identify a vision for the future and help to set goals to work towards this vision.

3/109 Best Rd

Seven Hills NSW 2147

(02) 9671 7363

[www.aftercare.com.au](http://www.aftercare.com.au)

### **Ozanam Learning Centre**

We are a recreation and education centre for the homeless and at risk of homelessness males and females 18 years+. Our service is also used by clients of PHAMS (Personal Helpers and Mentors), HASI (Housing and Accommodation Support Initiative) and other service providers. A large percentage of our service users have some form of mental health issue.

Level 3, 99 Forbes Street

Woolloomooloo NSW 2011

(02) 9358 8153

### **Penrith Suicide Prevention and Support Network**

The network aims to raise public awareness of services to assist suicide prevention and provide a voice for those affected by suicide.

Phone only: (02) 8922 9035

**Wesley Lifeforce:** Gatekeeper training into the awareness and signs of suicide.

93 Milton Avenue  
Ashfield NSW 2131  
8922 9095

[lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au)

**Wollongong Suicide Prevention Network**

An independent community based committee working to reduce the impact of suicide in the areas of Wollongong, Shellharbour, Kiama and local government areas by organizational collaboration, community ownership and improved community understanding.

Phone: 0400 414 739

**Salamander Bay**

**Port Stephens Suicide Prevention Network**, Salamander Bay: Offers a suicide prevention network resource

PO Box 516

Salamander Bay 2317

**TAMWORTH**

**Centacare New England**

Offers Psychology and counselling services, Family and Child mediation, Medicare, Problem Gambling, Employee assistance programs, Mental Health Community based programs, Personal Helpers and Mentors

2/127a Bridge Street

West Tamworth NSW 2340

Head office (09) 6762 1783

[www.centacarenewengland.com](http://www.centacarenewengland.com)

**WOY WOY**

**Aftercare Personal Helpers and Mentors**

PHaMs is an outreach, non clinical mental health service with a focus to identify a vision for the future and help set goals to work towards this vision.

Suite 1, 92 Pacific Hwy

Tuggerah, NSW 2259

(02) 4352 9200

[www.aftercare.com.au](http://www.aftercare.com.au)

**YAMBA**

**Chess Employment**

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providers who specialise in services to people with a psychiatric disability.

2/32 Coldstream St

Yamba NSW 2464

02 6646 8911

[www.chessemployment.com.au](http://www.chessemployment.com.au)