



Indicates specific advice for Aboriginal and Torres Strait Islander people.

ARMIDALE, TAMWORTH, NEW ENGLAND, NORTH WEST

Public services

Community Mental Health Services

- Hunter New England Local Health District provides assessment, management and treatment for people with mental illness.
- Phone **1800 011 511** or visit hnehealth.nsw.gov.au

headspace

- Mental health services for 12 to 25-year-olds. Visit headspace.org.au
- **headspace Tamworth:** phone **6762 9290**
- If you don't have a headspace centre nearby, or if you don't feel ready to visit a centre, eheadspace provides confidential online and phone support seven days a week, 9am to 1am. Visit ehespace.org.au or phone **1800 650 890**.

Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **HealthWISE:** phone **6766 1394**
Tamworth, Gunnedah, Walcha, Barraba, Quirindi and Manilla
- **Centacare:** phone **6738 7200**
Tamworth, Armidale, Glen Innes, Guyra, Bingara, Warialda, Inverell, Moree, Mungindi, Boggabri, Narrabri, Wee Waa, Tamworth and Tenterfield

Aboriginal and Torres Strait Islander Mental Health Service

- Care coordination for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- Group programs for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness
- Peer Navigation for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness who would benefit from help to access treatment and social support
- **HealthWISE:** phone **6792 5514**
Armidale, Glenn Innes, Gwydir, Inverell, Liverpool Plains, Tamworth, Tenterfield, Uralla, Walcha
- **Centacare:** phone **6738 7200**
Gunnedah, Moree, Narrabri

Private providers

There are many private providers and non-government organisations who provide mental health care in the local community.

Dependent on your individual circumstances and the mental health professionals in your area, you may be eligible to access a Psychologist or other mental health professional for a reduced fee or without a gap payment.

Talk to your GP about the providers in your area, your eligibility and referral options. You can also use the links below to find a private provider in your local area:

- Find a health professional (Healthdirect) healthdirect.gov.au
- Find a Psychologist (Australian Psychological Society) believeinchange.com
- Find a Social Worker (Australian Association of Social Workers) aasw.asn.au
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) yourhealthinmind.org