

PRIMARY MENTAL HEALTH CARE PROGRAM Natural Disasters Mental Health Support

HealthWISE Mental Health Services have been contracted by the Hunter New England Central Coast Primary Health Network to deliver short term evidence based mental health services to clients needing assistance as a result of being affected by bushfires, drought or the COVID-19 pandemic.

What does the program offer?

The program offers up to 12 free sessions of focused psychological strategies for clients experiencing mild to moderate mental health disorders as a result of being affected by a natural disaster such as Bushfire, Drought or COVID-19. Sessions will be held in person or via telehealth.

Who can access the program?

Any adult or child experiencing mental health difficulties as a result of a natural disaster.

How is this program accessed?

The program is accessed by completing the self-referral form and sending it to HealthWISE at the email address below.

Service Locations

The program is currently offered to all residents in the NSW New England North West region.

For more information:

Phone: 1800 931 540

Email: mentalhealth@healthwise.org.au

Website: <http://www.healthwise.org.au>