

Factsheet



NQ Connect – Phone: 1300 059 625

- Free 24/7 telephone and online counselling service.
- Providing help and support for people who are worried, stressed, and affected by floods.

North West Remote Health (NWRH)

North West Remote Health can provide:

- Social and emotional support;
- Mental Health First Aid; and
- Ongoing medium to long term support.

Services available in Julia Creek fortnightly:

- a provisional psychologist

To access NWRH services in Julia Creek:

Marianna Masiorski – Mob: **0439 664 074**
Free call: **1800 799 244**

Queensland Health TRAIC Program (Tackling Regional Adversity through Integrated Care)

Intervention and assistance to navigate mental health support services for Julia Creek.

For more information contact - Denise Price Regional Adversity Integrated Care Clinician (RAICC):

Phone: **0472 821 255**

Email: **Denise.Price@health.qld.gov.au**

Julia Creek Medical Centre: **07 4746 7159**

North West Hospital & Health Service (NWHHS)

Crisis, counselling, psychiatric consultation and referral

- Mental Health Services **07 4744 7103**
- Alcohol Tobacco & Other Drug Service (ATODS) **07 4744 9100**

For clinic dates, go to www.health.qld.gov.au/mt_isa/outreach-calendars





Royal Flying Doctor Service

What we are doing in the area this week

- RFDS will have a Mental Health Clinician on the ground in Julia Creek in the coming weeks, covering both Cloncurry and Julia Creek.

To access this service contact:

Gail Jamieson, Manager Outback Mental Health,
Mobile **0427 288 432**;

Dr Tim Driscoll, Mobile: **0438 324 226**

Email: tdriscoll@rfdsqld.com.au; or

Email: infodwas@rfdsqld.com.au.

- RFDS are providing an outreach service focusing on reaching vulnerable groups and people in the surrounding areas and stations.
- RFDS are working closely with the Queensland Health TRAIC program to connect people with appropriate services, and to identify gaps in service and areas of need.

RFDS Training and Support

- Experienced RFDS Mental Health Clinicians can provide psychological first aid training and post disaster trauma training, with sessions tailored to the client's specific requirements.
- Some organisation across the affected region have already benefited from this training via Zoom or teleconference.
- Face to face training sessions can be arranged.
- For more information or to book training contact:
Gail Jamieson – Mob: **0427 288 432**
Email: infodws@rfdsqlf.com.au.

GP Service

Julia Creek Medical Centre 07 4746 7159.

Phoenix Australia Free Practitioner Advice Line – 1800 260 618

Phoenix Australia's free Queensland Flood Practitioner Advice Line enables practitioners to receive direct and timely advice, support and guidance from a panel of medical and allied health experts on their work with community members with mental health issues following disasters. The telephone line is available from Monday to Friday from 9am to 4pm (AEST).

24 Hour Helplines

- Lifeline: **13 11 14**
- Beyond Blue: **1300 22 4636**
- Suicide Call back: **1300 659 467**
- Mensline: **1300 78 99 78**
- Headspace (12-25yrs): **1800 650 890**
- 13HEALTH - health advice line, including assessment and referral: **13 43 25 84**
- 1300 MHCALL – mental health triage for local mental health services: **1300 642 255**
- Community Recovery Hotline – Immediate emergency hardship assistance: **1800 173 349**.