

# 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.

## Lives Lived Well

NewAccess is a free program developed by beyondblue to help people tackle life pressures.

### NewAccess coaches can help with:

- anxiety or uncertainty
- low mood
- health concerns
- work stress
- relationship or family issues
- long-term isolation or loneliness
- financial worries

### Who is suitable for NewAccess?

- Residents of the Western QLD Primary Health Network
- Over 18 years of age
- NOT currently engaging in other psychological therapy services
- NOT experiencing complex/severe mental illness

### How does it work?

NewAccess coaches are trained and experienced to help people set practical goals to get their lives back on track. The program includes six free sessions, with a 1, 3 and 6 month follow up. The sessions can be via phone or face-to-face or video link.

### For more information or to refer someone

Ph: 1300 971 309

Email: [newaccess@liveslivedwell.org.au](mailto:newaccess@liveslivedwell.org.au)

Or complete an online referral at

[www.liveslivedwell.org.au/newaccess](http://www.liveslivedwell.org.au/newaccess)

## Outback Futures

A not-for-profit organisation offering mental and allied health and wellbeing services in the form of mobile clinics, plus ongoing regular remote sessions of therapy and support.

### Available services:

Psychologist, Counsellor, Occupational Therapist, Speech & Language pathologist.

### For more information or to book:

Louise – E: [louise@outbackfutures.org.au](mailto:louise@outbackfutures.org.au)

Wendy – Mob: 0417 703729



Queensland  
Government



## Royal Flying Doctor Service

### What we are doing in the area this week

- RFDS Mental Health Clinicians from the Drought Wellbeing Service (DWS) will be travelling to Winton at various times in March.

#### To access this service contact:

Gail Jamieson, Manager Outback Mental Health,  
Mobile **0427 288 432** Email: [infodwas@rfdsqld.com.au](mailto:infodwas@rfdsqld.com.au)

- **PLUS**, RFDS Longreach Mental Health team will visit Winton every Tuesday.
- Access to this service requires a GP referral and a Mental Health Treatment Plan.

#### For more information:

RFDS Longreach Mental Health team  
Ph: 07 **4652 5800**.

### 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](mailto:infodws@rfdsqlf.com.au)

## 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**.