

# GRIFFITH MENTAL HEALTH SERVICES AND INFORMATION MAP

## Griffith Local Service Information Hub

### Griffith Neighbourhood House Community Centre

80 Benerembah St Griffith NSW 2680 Website: [www.gnh.org.au](http://www.gnh.org.au)

Tel: 02 6962 4144 Open: Monday to Friday 9:00am to 5:00pm

### EMERGENCY SERVICES

<b>Police, Fire, Ambulance EMERGENCY 000</b>	<b>Griffith Base Hospital</b> 1 Noorebar Ave Griffith Tel: <b>02 6969 5555</b>	<b>NSW Mental Health Services Accessline</b> Tel: 1800 800 944	<b>Mental Health Line</b> Tel: 1800 011 511 (Replacing Accessline)
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### TELEPHONE CRISIS AND SUPPORT

<b>Lifeline 13 11 14</b> All hours support & referral. Calls to Lifeline free from mobiles. Crisis support chats online 8pm-4am <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	<b>Kids Helpline 1800 551 800</b> All hours counselling service for 5-25 years. Help available via telephone, email or web <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	<b>Beyondblue Support Service 1300 224 636</b> All hours service with a mental health professional. Online chat/help between 4pm and 10pm, 7 days <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	<b>Suicide Call Back Service 1300 359 467</b> All hours telephone counselling for people 18+ who are suicidal, caring for someone who is suicidal or are bereaved by suicide
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### GRIFFITH MEDICAL CENTRES Your Doctor/GP can be an important first step in seeking help for aged related issues

<b>Griffith Aboriginal Medical Service</b> 38 Jondaryan Ave Griffith NSW 2680 Tel: <b>02 6962 0000</b>	<b>Griffith Medical Centre</b> 1 Animoo Ave Griffith NSW 2680 Tel: <b>02 6964 5888</b>	<b>Your Health Griffith</b> 105 Binya St Griffith NSW Tel: <b>02 6962 7661</b>	<b>Kookora Surgery</b> 134 Kookora St Griffith NSW 2680 Tel: <b>02 6962 1100</b>	<b>Dr Taghrid Samuel</b> Shop 9, Driver Plaza Sanders St Griffith NSW 2680 Tel: <b>02 6964 8337</b>	<b>Hanwood Surgery</b> 3 Hanwood Rd Hanwood NSW 2680 Tel: <b>02 6963 0214</b>
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### YOUTH MENTAL HEALTH

### COMMUNITY HEALTH

### COMMUNITY MENTAL HEALTH

<b>Headspace Griffith (Age 12-25)</b> 1/26 Ulong St Griffith NSW 2680 Tel: 02 6962 3277 <b>No Cost</b> <a href="http://www.headspace.org.au/griffith">www.headspace.org.au/griffith</a>	<b>Griffith Community Health Centre</b> 39 Yambil St Griffith NSW 2680 Tel: 02 6966 9900 <b>No Cost</b>	<b>Griffith Community Mental Health</b> via Accessline Tel: <b>1800 800 944</b> 175 Yambil St Griffith NSW 2680 Tel: 02 6961 0100 <b>No Cost</b>
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### CARER ASSIST

### MENTAL HEALTH SOCIAL WORKERS

<b>Carer Assist</b> @GNHCC 80 Benerembah St Griffith NSW 2680 Tel: 6962 3099 Email: <a href="mailto:sonia@carerassist.org.au">sonia@carerassist.org.au</a> <a href="http://www.carerassist.org.au">www.carerassist.org.au</a>	<b>Griffith Counselling Centre</b> <b>Janelle White</b> 42 Yambil St Griffith NSW 2680 Tel: 02 6964 3610 <b>Mob: 0408 257 888</b> <a href="http://www.griffithcounselling.com.au">www.griffithcounselling.com.au</a>	<b>My Mind Matters - Lynda Lane</b> @GNHCC 80 Benerembah St Griffith NSW 2680 <b>Mob: 0476 003 603</b> <a href="http://www.mymindmatters.com.au">www.mymindmatters.com.au</a>
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### PERSONAL HELPERS & MENTORS SERVICE

### MIGHTY MINDS: CHILDREN UNDER 12

### ROAR: PEOPLE UNDER 18

<b>Centacare – PHAMS</b> Program supporting people who are affected by mental illness 140 Yambil St Griffith NSW Tel: <b>6964 1447</b> <a href="http://www.centacareswsw.org.au">www.centacareswsw.org.au</a>	<b>Mighty Minds Via Janelle White</b> 42 Yambil St Griffith Tel: 02 6964 3610 or <b>Mob: 0408 257 888</b> <a href="http://www.griffithcounselling.com.au">www.griffithcounselling.com.au</a>	<b>ROAR Via Intereach Family Mental Health Service</b> Tel: 1300 488 226 Email: <a href="mailto:roar@intereach.com.au">roar@intereach.com.au</a>
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### CRISIS ACCOMMODATION

### COMPLEX NEEDS

### HASI; RRSP & PSR

<b>Barnabas House</b> A crisis village providing private accommodation & counselling @ 85-90 Kookora St Griffith NSW Tel: <b>02 6964 4927</b> <a href="http://www.barnabashouse.org.au">www.barnabashouse.org.au</a>	<b>Partners in Recovery</b> <b>Via Murrumbidgee Primary Health Network</b> Tel: 02 6923 3193	<b>RichmondPRA/Flourish</b> 5/26 Ulong St Griffith NSW 2680 Tel: <b>02 9393 9164</b> <a href="http://www.richmondpra.org.au">www.richmondpra.org.au</a>
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### COUNSELLING SERVICES (Fees may apply)

<b>Griffith Counselling Service</b> 43 Messner St Griffith NSW <b>Lorraine Sutton: 0417 414 558</b> <b>Donna Piomalli: 0402 625 887</b> <a href="http://www.tools4life.com.au">www.tools4life.com.au</a>	<b>MIA Personal Counselling</b> <b>Patricia Corbett</b> Shop 12 Griffith City Plaza Banna Ave Griffith NSW 2680 <b>Mob: 0428 641 166</b> <a href="http://www.miapersonalcounselling.com">www.miapersonalcounselling.com</a>	<b>Centacare – Counselling</b> 140 Yambil St Griffith NSW Tel: <b>6964 1447</b> <a href="http://www.centacareswsw.org.au">www.centacareswsw.org.au</a>	<b>Morella Van Hees</b> 11 Kookora St Griffith NSW <b>Mob: 0410 029 160</b>
			<b>Jenna Woodland-Gyles</b> <b>Mob: 0434 244 800</b>

### PSYCHOLOGY SERVICES (GP Referral may be required and fees may apply)

### PSYCHOLOGIST

<b>Kathryn Munro Psychology</b> ARMS 20 Noorebar St Griffith NSW 2680 <b>Mob: 0428 512 164</b> <a href="http://www.katrhyrnpsychology.com.au">www.katrhyrnpsychology.com.au</a>	<b>Sonia Bulzomi</b> Level 1/84 Yambil St Griffith NSW 2680 <b>Mob: 0478 639 327</b> <a href="mailto:soniab_psychologist@iinet.net.au">soniab_psychologist@iinet.net.au</a>	<b>Thrive Psychology</b> 1/64-72 Banna Ave Griffith NSW 2680 Tel: 02 6961 0755 <a href="http://www.thrivepsychology.com.au">www.thrivepsychology.com.au</a>	<b>Griffith Aboriginal Medical Service</b> 38 Jondaryan Ave Griffith NSW 2680 Tel: <b>02 6962 0000</b>
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**NOTE:** All Government Primary and Secondary Schools have an onsite counsellor (usually a Psychologist)

All Catholic Primary and Secondary Schools have an onsite counsellor

Your employer may have an 'EAP' Employee Assistance Program which may entitle you to several free counselling sessions