



Indicates specific advice for Aboriginal and Torres Strait Islander people.

## ARMIDALE, TAMWORTH, NEW ENGLAND, NORTH WEST

### Public services

#### Child and Family Health Nurses

- Child and Family Health Nurses across the New England region provide ongoing assessment and monitoring and support for perinatal depression symptoms. Contact your local Community Health Service to find out what is available in your area.

**Armidale Community Health Service: phone 6776 9600**

**Tamworth Community Health Service: phone 6767 8100**

#### New England Community Health Service

- **Ashford:** phone 6726 2030
- **Bundarra:** phone 6723 7601
- **Glen Innes:** phone 6739 0100
- **Guyra:** phone 6738 4000
- **Inverell:** phone 6721 9600
- **Tenterfield:** phone 6739 5200
- **Tingha (MPS):** phone 6723 3900
- **Uralla:** phone 6776 1201
- **Emmaville:** phone 6777 4200
- **Walcha:** phone 6777 4200

#### North West Community Health Service

- **Barraba:** phone 6782 2500
- **Bingara:** phone 6728 0100
- **Boggabilla:** phone 4671 9400
- **Boggabri:** phone 6749 7000
- **Gunnedah:** phone 6741 8000
- **Quirindi:** phone 6746 0215
- **Manilla:** phone 6785 4100
- **Moree:** phone 6757 0200
- **Mungindi:** phone 6705 6000
- **Narrabri:** phone 6799 2000
- **Nundle:** phone 6755 8001
- **Premer:** phone 6746 0215
- **Tambar Springs:** phone 6746 0215
- **Toomelah:** phone 4671 9701
- **Warialda:** phone 6728 9000
- **Wee Waa:** phone 6795 0400
- **Werris Creek:** phone 6768 6600

# MENTAL HEALTH SUPPORT DURING AND AFTER PREGNANCY



Indicates specific advice for Aboriginal and Torres Strait Islander people.

## ARMIDALE, TAMWORTH, NEW ENGLAND, NORTH WEST

### Family Care Cottage

- Support for families with babies and young children aged 0-8 years from Child and Family Health Nurses and a Social Worker
- Phone **6762 4650**

### Family Referral Service

- The service brings together families, support services and community resources so that children and young people are safe and well. They will listen to your needs and refer you to the right service.
- Phone **1800 597 589** | Visit [familyreferralservice.com.au](http://familyreferralservice.com.au)

### Family Relationship Centre

- One stop shop for people looking for information or help for any relationship issues, from strengthening family relationship to assisting families through the stages of separation.
- Phone **6762 9200** or **1800 372 826** | Visit [familyrelationships.gov.au](http://familyrelationships.gov.au)
- **Family Relationships Advice Line:** phone **1800 050 321**

### Brighter Futures Program

Supports families experiencing issues such as domestic violence, mental health or difficult child behaviour.

- **Armidale:** phone **6775 4200**
- **Inverell:** phone **6721 6000**
- **Moree:** phone **6750 8800**
- **Tamworth:** phone **6762 9700**
- **Tenterfield:** phone **6736 7000**

### Community Mental Health Services Hunter New England Local Health District

- Provides assessment, management and treatment for people with mental illness
- Phone **1800 011 511** | Visit [hnehealth.nsw.gov.au](http://hnehealth.nsw.gov.au)

### 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

## ARMIDALE, TAMWORTH, NEW ENGLAND, NORTH WEST

### Aboriginal and Torres Strait Islander Mental Health Service

- **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](http://healthdirect.gov.au)
- Find a Psychologist (Australian Psychological Society) [believeinchange.com](http://believeinchange.com)
- Find a Social Worker (Australian Association of Social Workers) [aasw.asn.au](http://aasw.asn.au)
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) [yourhealthinmind.org](http://yourhealthinmind.org)