

WQFRA - RICHMOND & FLINDERS SHIRES

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.

NWRH services in Richmond and Hughenden:

- Patrick Houghton (Mental Health Social Worker) will be in **Hughenden 18 – 21 Feb.**
- Lynette Stenhouse (Mental Health Social Worker) will be in **Richmond 18 – 22 Feb.**

Lynette and Patrick are both experienced clinicians that will be able to deal with a range of issues, from mental health first aid to trauma counselling.

Psychologist Services available in Hughenden and Richmond monthly:

Hughenden: Feb 25, March 25, April 29, May 27, June 24

Richmond: Feb 26, March 26, April 30, May 28, June 25

Please note: The services can be extended if the need arises. Additionally, phone and telehealth services are also available.

To access NWRH services in Richmond and Hughenden:

Marianna Masiorski – Mob: **0439 664 074**

Free call: **1800 799 244**

Please send referrals via fax 07 **4422 0079** or secure email **61744220079@efaxsend.com**.

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

Intervention and assistance to navigate mental health support services for Richmond and Hughenden. For more information contact Kim Ward- Regional Adversity Integrated Care Clinician (RAICC):

Ph: **0447 364 378**

Email: **Kim.Ward@health.qld.gov.au**

Flinders Medical Centre: **07 4742 2233**





Royal Flying Doctor Service

RFDS on-the-ground service

- RFDS will have a Mental Health Clinician on the ground over the next two weeks.

Hughenden from Monday 18 February – 20 February,
Richmond from Monday 25 February – 28 February.

- To access this service contact:

Hughenden – Jos Middleton, Mob: **0409 154 477**

Richmond – John Hannan, Mob: **0427 920 492**.

Gail Jamieson, Manager Outback Mental Health,
Mob: **0427 288 432** 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 Mental Health Telephone Support Line - 07 3860 1194

- For frontline workers, volunteers, support agencies and anyone assisting others during this difficult time.
- Open from 12pm to 8pm daily, this service will connect callers to an experienced RFDS Outback Mental Health Clinician.
- This service will continue in the coming weeks with the support line staffed through February and early March.

RFDS Training and Support

- Experienced RFDS Mental Health Clinicians can provide psychological first aid training and vicarious 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.
- The option of face to face training in the coming weeks is currently being explored.
- For more information or to book training contact:

Gail Jamieson, Manager Outback Mental Health,
Mob: **0427 288 432** Email: infodwas@rfdsqld.com.au.

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**
- 13 MHCALL – mental health triage for local mental health services: **13 64 22 55**
- Community Recovery Hotline – Immediate emergency hardship assistance: **1800 173 349**

