

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: SUPPORTS, SERVICES AND REFERRALS

GUEST: Helen O'Brien, Mental Health Service Navigator

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SUMMARY OF EPISODE

Helen O'Brien is the Mental Health Service Navigator for the Southern Downs in southern Queensland. This is a free service that helps residents and service providers navigate the often confusing maze of mental health and community services.

Helen has access to a current database of services in the Southern Downs. She provides residents and service providers with information about local services, supports and referral pathways. Helen has links with Mental Health Service Navigators in other regions so she is able to collaborate and share information across a wider area if needed. Helen is also able to advocate for you and assist with the practical aspects of arranging referrals to appropriate services. Helen offers a very helpful, friendly and approachable way of getting connected in the community.

Listen to the podcast conversation to hear Helen explain:

- how her role links residents with services and supports that meet their needs using the current stepped care approach
- how to access personal support or counselling for yourself including free and subsidised services
- how she supports health professionals and community workers to access the most appropriate referral pathways for their clients
- the types of supports and services available for people across the region including mental health services, general health services and community supports which help alleviate stresses such as difficulties with housing, finances and relationships

TOP 3 TAKEAWAYS / TIPS

Helen's tips to make accessing services, resources and supports easier:

1. Phone Helen O'Brien (Mental Health Service Navigator) for assistance with finding information and supports (Ph 0459 022 561 or 1300 012 710)
2. Ask your General Practitioner for information and request referrals to services
3. Contact the Community Development Officers at the Southern Downs Regional Council (Ph 1300 697 372)

RESOURCES MENTIONED IN THE PODCAST

Mental Health Service Navigator (Helen O'Brien)

E: helen.obrien@rhealth.com.au

P: 0459 022 561 or 1300 012 710

Community Development Officers, Southern Downs Regional Council

(Including information about "10 Minutes with a Master" days)

P: 1300 697 372

<https://www.sdrc.qld.gov.au/>

Crisis Support - "Lifeline"

24 hour crisis support and suicide prevention services

P: 13 11 14

Local hospitals

Find your closest hospital on the Darling Downs here:

<https://www.health.qld.gov.au/darlingdowns>

General Practitioner (GP)

My GP is _____

Phone: _____

Address: _____

CatholicCare

Provides a range of services to promote individual, family and community wellbeing

<https://www.catholiccare.services/>

Relationships Australia

Provides relationship support services for individuals, families and communities

P: 1300 364 277

<https://www.relationships.org.au/>

New Access (Beyond Blue)

Mental health coaching support

<https://www.beyondblue.org.au/get-support/newaccess>

Beyond Blue

Mental health and well-being information and support

<https://www.beyondblue.org.au/>

headspace Warwick

Early intervention mental health services to 12-25 year olds including mental health, physical health (including sexual health) alcohol and other drug services, and work and study support

P: 07 4661 1999

<https://headspace.org.au/>

Black Dog Institute

Mental health and well-being information and support

<https://www.blackdoginstitute.org.au/>

Mindfulness Based Stress Reduction (MBSR) program

Helen Ferrier (based in Stanthorpe)

E: wellbeing@mallow.net.au

P: 0401 557 338

St Vincent de Paul, Cornerstone Housing Services

P: 07 4661 4777

<https://qld.vinnies.org.au/services/housing/specialist-homelessness-services>

Rural Financial Counselling Service

Free financial counselling for primary producers and small business owners in southern Queensland

P: 1300 732 777

<https://www.rfcssq.org.au/>

Gambling Help (Lifeline Darling Downs & South West Queensland)

Free, confidential counselling service for anyone affected by problem gambling including gamblers, spouses, parents, friends and employers

P: 1300 991 443

Financial Counselling (Lifeline Darling Downs & South West Queensland)

Free service assisting people in financial difficulty by helping them address their financial problems, make informed choices and build longer term capacity to budget and manage their money

P: 1300 991 443

Health Pathways (For Service Providers)

For health professionals to access clinical information and connect patients with other services

<https://www.ddwmhealthpathways.com.au/>

Kathryn Walton

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

Darling Downs and West Moreton PHN

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

The information shared in the podcast and handouts is intended for general support only.

To the best of our knowledge, this information was correct at the time of publishing.

Please consult with your doctor or health provider for support based on your individual needs.

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www.kathrynwalton.com.au