

# MEDIA RELEASE



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## Resource provides *helping hand* to communities

A comprehensive resource has been developed for Western NSW communities impacted by the cessation of funding for Community Mental Health and Family & Relationship Counselling and Support services.

The booklet: *'Helping Hand for Western NSW – Pathways to Services'* was funded through the Australian Government Drought Assistance Program 2016 and is a collaborative project between Rural Adversity Mental Health Program (RAMHP), Catholic Community Services (who funded printing), Richmond PRA, Centacare Bathurst (Dubbo Office), Interrelate, Uniting, House with No Steps, Schizophrenia Fellowship and Centacare Wilcannia-Forbes.

Thanks to Richmond PRA and Centacare Bathurst, 20,000 copies of the resource will be delivered to properties and PO Boxes in the specified communities including: Bourke, Brewarrina, Cobar, Coonamble, Gilgandra, Nyngan, Walgett, Warren and the Warrumbungles area. It will also be distributed via a number of local services and events over the coming months.

RAMHP Coordinator Camilla Kenny who was part of the project team, said the booklet was developed after organisations came together to work how they could help communities in need of this information.

“The booklet aims to provide ongoing information on local support services covering mental health concerns, family and relationship services; as well as other rural support services that deal with financial and agricultural issues.

“We hope the resource will provide reassurance to communities that there are local services available that can help; as well as 24 hour helpline services and a variety of reliable and useful online Apps. No-one should feel isolated or alone”, said Camilla.

The booklet includes sections on each Local Government Area plus information on district wide services and 24 hour support services.

For a copy of the booklet: *Helping Hand for Western NSW – Pathways to Services*, please contact RAMHP Coordinator Camilla Kenny on 02 6881 4034.

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