

Caring for Mental Health in your community

The Adult Mental Health Service, Child & Youth Mental Health Service (CYMHS), and Alcohol Tobacco & Other Drugs Service (ATODS), and the are based at Longreach Hospital and provide services throughout the Central West Hospital and Health District.



FACT:

On average, one in five people will experience depression in their lifetime.

Mental health problems occur in all ages, social and cultural groups.

For people experiencing concerns about their mental health or alcohol or other drug use, our service provides free, confidential, non-discriminatory general counselling and links to other appropriate services.

Mental health disorders are health conditions characterised by changes in thinking, mood or behaviour (or some combination thereof) associated with distress and an inability to go about your daily life.



FACT:

It is known the median age for the onset of all mental health disorders is under 25 years

Young people are the group most at risk for the development of psychosis

Referrals are from:

- GPs
- Other services & nongovernment organisations

- Hospital
- Self presentation



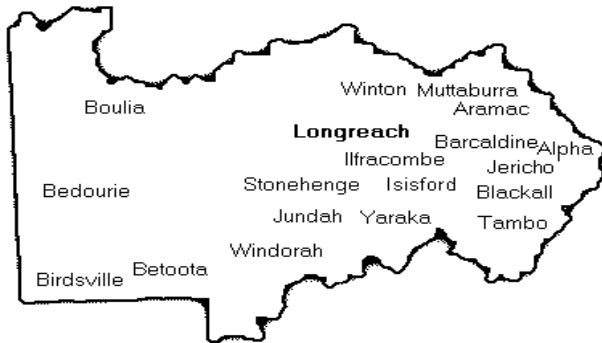
FACT:

Anxiety disorders are the most common mental disorders in Australia. About 10 in every hundred people will develop anxiety disorders at some time in their lives - that is about 1,800 000 Australians. Women are affected more than men.

The Mental Health & ATODS Teams refer clients to appropriate services as required.

Central West Mental Health & ATODS provides a service to:

Alpha	Aramac
Barcaldine	Bedourie
Birdsville	Blackall
Boulia	Isisford
Jericho	Jundah
Longreach	Muttaburra
Stonehenge	Tambo
Winton	Windorah



Services to people in these areas are carried out via visits to the community on a regular or needs basis - in most areas videoconferencing can be utilised.

CW Mental Health & ATODS

46527951

Other useful numbers:

Lifeline 131 114

Kids help line 1800 55 1800

Parentline 1300 30 1300

Men's Info Line 1800 600 636

**Royal Flying Doctors Service (RFDS)
4652 5800**

NWQ Medicare Local 4658 3622

Anglicare (Longreach) 4658 0431

**Disability Services Queensland
4658 1576**

**Alcohol and Drug Information Service
1 800177 833**

Website: www.beyondblue.org.au



**Central West
Mental Health &
ATODS**

4652 7951

**After hours contact –
Rockhampton Acute Care Team
4920 6111**