



COMMUNITY MENTAL HEALTH DRUG AND ALCOHOL SERVICE

This week we introduce the mental health services available through MLHD. We explain a little bit more about mental illness, what help looks like and what the team does at Cressy Street Centre.

Every year 1 in 5 Australians will experience a mental health condition which effects how a person feels, thinks, behaves and relates to others. Mental illness is a general term that refers to a group of illnesses, much the same way that heart disease refers to a wide range of illnesses and disorders that effect the heart. These conditions cover a wide spectrum from a severe and complex mental illness that significantly impacts the person to a mental health condition which may be temporary as a reaction to the stress in people's life. This can develop into more severe mental health condition so it's important to seek help. Referrals are prioritised according to risk and need rather than diagnosis. Urgent care is given to people in crisis and who are at risk and they may be co-managed with other services.

SEEKING HELP

People often don't know where to start to get the mental health services they need. Your local GP or other health professionals can help connect you with the right mental health service. It's common to feel unsure and to wonder whether you should try to handle things on your own. It is always ok to ask for help – even if you're not sure you are experiencing a specific mental health problem.



You might want to seek help if you're:

- worrying more than usual
- finding it hard to enjoy your life
- having thoughts and feelings that are difficult to cope with, which have an impact on your day-to-day life
- Having thought of ending your life
- interested to find more support or treatment.
- Worried about someone that you live with or care for.

EMERGENCY OR CRISIS

In an emergency or a crisis you can go to the Deniliquin Hospital Emergency Department. They are well trained and equipped to ensure advice for people with mental health problems and timely access to The Mental Health Emergency Consultation Service – known as MHECS for short. This is a 24 hour a day and 7 day a week service. Once the staff in the Emergency Department have spoken to you and agree that you need the MHECS service, a clinician will speak to you via video conference to work out what the next steps are so that you can receive the best support and treatment.

ACCESSLINE 1800 800 944

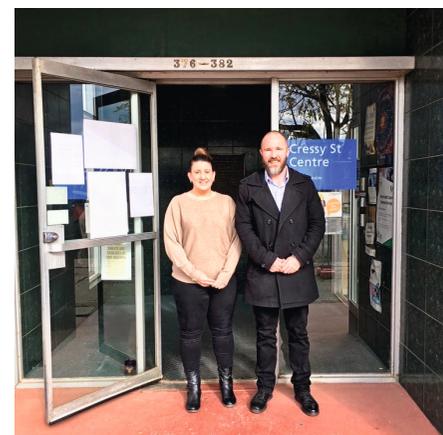
If you don't feel it is necessary to go to the ED you can call Accessline. Accessline provides 24 hour/7 day per week support, advice and referral to mental health and drug and alcohol services for people anywhere in the region. Anyone with a mental health issue can use Accessline to speak with a mental health professional and be directed to the right care for them. Carers, other health professionals and emergency workers can also use Accessline for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GRESSY STREET CENTRE

The Cressy Street Centre houses the Deniliquin Specialist Community Mental Health Drug and Alcohol Service which provides specialist assessment and support to people experiencing severe or complex mental health issues and those with drug and alcohol dependency. They help children and young people, adults and older people.

The team includes nurses, social workers, occupational therapists, psychologists, Aboriginal mental health workers and psychiatrists. A consumer peer worker provides encouragement, support and hope to consumers. Families and carers can access support from the family and carer support worker.

The staff work closely with local GPs, community organisations and other health and social services to support you to improve and maintain your health. Outreach is provided to people living in the surrounding areas of Moama, Cumeragunja, Mathoura, Jerilderie, Hay, Barham, Moulamein, Tooleybuc, Tocumwal, Berrigan and Finlay.



Services Provided By The Cressy Street Centre:

Specialist Mental Health Services

The specialist mental health teams provide assessment, therapy and treatment services for people with a mental illness that result in significant impairment to a person's thinking and emotions. Following an assessment, clinicians can offer a range of interventions based upon individual, family and group evidenced based models of care.

Adult Mental Health Services (AMHS)

This team supports adults between the ages of 17 and 65 with a diverse range of mental illnesses. These conditions include: post-traumatic stress symptoms, mood disorders, anxiety disorders, eating disorders, personality disorders and psychotic disorders.

Specialist adult mental health services also provide care for individuals under the NSW Mental Health Act 2007 and those who are at risk of harm to self or others. Ongoing support is offered only to those individuals with a major mental illness who are experiencing persistent lifestyle difficulties as a result of mental illness or where there is a potential for at-risk behaviour.

Mental Health Services for Older People (SMHSOP)

Clinicians focus on people over 65 or Aboriginal people over 50 who are at considerable risk of multiple complex health issues and includes older people who reside in nursing homes and their families and carers.

Child and Adolescent Mental Health Services (CAMHS)

Provide care to children and adolescents with psychological difficulties. The service supports people aged 0-17 years although this may vary depending on developmental factors. CAMHS clinicians offer a range of interventions based upon individual, family and group evidenced based models of care. One such service is **Youth Works**, where the clinician focusses on young people with complex or high needs who may be difficult to engage in effective treatment and support. They work with other services such as Headspace, schools and GPS and specialist services as required. This early intervention aims to avoid unnecessary hospitalisations, reduce the risk for young people of withdrawing from education or employment and to reduce the risk of developing serious mental health conditions.

Specialist Addiction Counselling

Specialist Addiction Counselling services aims to reduce harm caused by substance use and promote recovery. Addiction specialists are available via teleconference.

The Opioid Treatment Program (OTP) provides opioid replacement therapies for people who are dependent on opioids including heroin, morphine and oxycodone. This service works closely with GP's, pharmacies and the hospital to ensure people receive appropriate care.

WHAT CAN WE, AS A COMMUNITY, DO TO HELP?

Accessline and the hospital ED are the gateways to receiving service and the Cressy Street team of mental health professionals are available to provide a range of effective services.

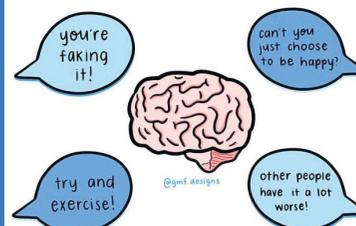
However there are barriers for people seeking help and a major barrier is STIGMA

- It's important to think about what someone with mental illness may be going through. Family and friends are also experiencing stigma.

- It's important to remember that people with mental illness have the same rights as everybody else.
- Be mindful about the words you use when describing yourself and others, avoiding insensitive and hurtful words, such as 'nutter', 'loopy', 'crazy' and 'psycho'.
- When negative stereotypes come up in conversation or in the media, you can actively dispel myths and educate people against harmful, inaccurate stereotyping.

MENTAL ILLNESS DOES NOT DISCRIMINATE, SOMETIMES PEOPLE DO.

WHAT MENTAL HEALTH STIGMA SOUNDS LIKE



**Together we can make our community kinder and more supportive for people.
 Thanks to Deniliquin Mental Health Awareness Group and Channel4Change for supporting this page**