

## CHN's Commissioned Services – November 2020

### Mental Health

- Woden Community Service
  - **The Way Back Support Service:** Suicide postvention service, available to people who have attended hospital following a suicide attempt. For further information: [www.wcs.org.au/services/mental-health/the-way-back-support-service](http://www.wcs.org.au/services/mental-health/the-way-back-support-service)  
Status: Open to referrals. Online video and phone support.  
Contact: 1800 929 222.
- Catholic Care Canberra and Goulburn
  - **Next Step:** Evidenced-based structured intervention based on Cognitive Behaviour Therapy (CBT) to develop self-help strategies for people with mild to severe symptoms of a mental health condition. For people with severe mental health issues a Mental Health Treatment Plan may be required. For further information visit: [www.catholiccare.cg.org.au/services/next-step/](http://www.catholiccare.cg.org.au/services/next-step/) [www.wcs.org.au/services/mental-health/next-step](http://www.wcs.org.au/services/mental-health/next-step)  
Status: Open to referrals, online video and phone support. Contact: Ph (02) 6287 8066 or email [nextstep@chnact.org.au](mailto:nextstep@chnact.org.au)
- Marathon Health
  - **headspace:** provides early intervention mental health services to young people aged 12-25 years. A Mental Health Treatment Plan may be required or may be recommended in conjunction with accessing headspace services. For further information: [headspace.org.au/headspace-centres/headspace-canberra/](http://headspace.org.au/headspace-centres/headspace-canberra/)  
Status: Open to referrals. Online video and phone support.  
Contact: Ph (02) 5109 9700, Fax (02) 5109 9799 or email [hs.canberra@marathonhealth.com.au](mailto:hs.canberra@marathonhealth.com.au).
  - **Connected:** a program to support Aboriginal and Torres Strait Islander people under the age of 25 by offering psychological interventions, delivered by a clinical psychologist and emotional and social support from a Social and Emotional Wellbeing. For referrals to the clinical psychologist. a GP Mental Health Treatment Plan is required. For further information: [www.marathonhealth.com.au/connected](http://www.marathonhealth.com.au/connected) Status: Open to referrals. Online video and phone support.  
Contact: Ph (02) 5109 9750 or email [connected@marathonhealth.com.au](mailto:connected@marathonhealth.com.au)

- Meridian Wellbeing Services
  - **Psychological and Stepped Care Support Services:** This program supports the LGBTIQ+ community, aged 16 years and over, by offering psychological interventions by a psychologist and emotional and social support through the provision of comprehensive assessment and structured support plans. Meridian is a peer-led and community-controlled health service. Meridian is currently accepting referrals for the services.  
Status: Open to referrals.  
 Contact: Ph (02) 6257 2855 or 0412 882 855; or  
 Email: [Wellbeingservices@Meridianact.org.au](mailto:Wellbeingservices@Meridianact.org.au)

For more information on the program please visit: <https://meridianact.org.au/>. A current GP Mental Health Care Plan is required to access this service.

### **Psychosocial (National Psychosocial Support Measure)**

- Woden Community Service
  - **New Path:** An early intervention psychosocial service to assist people to tackle severe mental health challenges with associated functional impairment, targeting 18-35 years and up to 64 years. For those not assisted by the NDIS. Includes one-on-one support and group activities. For further information: [www.wcs.org.au/services/mental-health/new-path](http://www.wcs.org.au/services/mental-health/new-path)  
Status: Open to referrals. Online video and phone support. Contact: (02) 6282 2644, [newpath@wcs.org.au](mailto:newpath@wcs.org.au).
- Flourish Australia
  - **Bloom Healthy Living Program:** Psychosocial services open to 18-64-year old. Provide one-on-one supports to assist in building life skills, including maintaining mental health, engaging in learning, employment, education or volunteering and managing finances. For those not assisted by NDIS. For further information: [www.flourishaustralia.org.au/about/our-services](http://www.flourishaustralia.org.au/about/our-services)  
Status: Open to referrals. Online video, phone support, and some face-to-face (in line with COVID-19 social distancing and hygiene requirements).  
Contact: 1300 779 270, [referrals@flourishaustralia.org.au](mailto:referrals@flourishaustralia.org.au).

### **Alcohol and Other Drugs**

- Karralika Programs Inc
  - **Community based AOD Counselling for those linked with the Criminal Justice System:** A community-based specialist alcohol and other drug counselling service for eligible people who have connections to Justice Services in the ACT (i.e. Probation and Parole, AMC,) or have concluded with these services within the last 3 months.  
Status: Open to referrals. Online video and phone support.  
Contact: 1800 152 772, [info@karralika.org.au](mailto:info@karralika.org.au)
- Directions Health
  - **Arcadia House:** Alcohol and other drugs detox and withdrawal service, offering residential and day programs.  
Status: Open to referrals. Services operating as usual with strict COVID-19 precautions in place.  
Contact: (02) 6132 4800, [reception@directionshealth.com](mailto:reception@directionshealth.com).

- **Althea Wellness Centre:** Offers primary and secondary health care services to anyone impacted by alcohol, drugs or other addictions and who does not have a GP. The centre is staffed by GPs, as well as psychologist and practice nurse.  
Status: Open. Online video and phone support.  
Contact: (02) 6232 4800, [reception@directionshealth.com](mailto:reception@directionshealth.com).
  - **Needle Syringe Program:** Provides free sterile injecting equipment, information on safe injecting practices, general health information and primary health care services to people who inject drugs. Two locations: Civic (Nurse-led in-reach service) and Philip. For further information: [www.directionshealth.com/contact-us/](http://www.directionshealth.com/contact-us/) Status: Open as usual.
- CAHMA (Canberra Alliance for Harm Minimisation and Advocacy)
  - **The Connection:** AOD peer-based case management support for Aboriginal and Torres Strait Islander people in the ACT. The Connection offers a range of services including; peer support, representation and advocacy, referrals, information services and education & training. For further information: [www.cahma.org.au/Connection.html](http://www.cahma.org.au/Connection.html)  
Status: Open to referrals. Phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements).  
Contact: (02) 6253 3643 or email [info@cahma.org.au](mailto:info@cahma.org.au)
  - **Peer Treatment Support Service:** CAHMA's Peer Treatment Support Services provides education and information on the range of drug treatment services available to suit individual needs, assists with accessing treatments and provides advocacy support for clients during and after treatment. For further information: [www.cahma.org.au/TSS.html](http://www.cahma.org.au/TSS.html)  
Status: Open to referrals. Phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements).  
Contact: (02) 6253 3643 or email [info@cahma.org.au](mailto:info@cahma.org.au)
- Catholic Care Canberra and Goulburn
  - **Reaching Out Program:** Outreach AOD Counselling for people over the age of 13 years to reduce harmful drug use and related behaviour, and improve wellbeing and function of people affected by alcohol and/or other drugs. Further information: [www.catholiccare.cg.org.au/services/the-reaching-out-program/](http://www.catholiccare.cg.org.au/services/the-reaching-out-program/)  
Status: Open to referrals. Online video, phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements). Contact: Ph (02) 6163 7695 or email [reachingout@catholiccare.cg.org.au](mailto:reachingout@catholiccare.cg.org.au)
  - **AOD Support Connections Program:** Outreach AOD case management program for people over the age of 16 years affected by the use of alcohol and other drugs. Support Connections provides specialist one-on-one case management and individualised, goal oriented case planning to clients. Further information: [www.catholiccare.cg.org.au/services/alcohol-other-drug-aod-support-connections/](http://www.catholiccare.cg.org.au/services/alcohol-other-drug-aod-support-connections/)  
Status: Open to referrals. Online video, phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements). Contact: Ph (02) 6163 7600 or email: [info@catholiccare.cg.org.au](mailto:info@catholiccare.cg.org.au)
- Toora Women Inc
  - **Day Program:** A free, eight-week group program for women over the age of 18 years seeking intensive support to maintain abstinence from alcohol and/or other drug use, to help them learn skills they need to live a meaningful life. Further information: [www.toora.org.au/our-services/alcohol-addiction-canberra/day-programs/](http://www.toora.org.au/our-services/alcohol-addiction-canberra/day-programs/)

Status: Open to referrals. Online video and phone support. Contact: Ph (02) 6241 7233  
Email: [tooraAODservice@toora.org.au](mailto:tooraAODservice@toora.org.au)

- **Specialist Alcohol and Other Drug (AOD) Program:** The Counselling Service offers specialist alcohol and other drug (AOD) counselling to women over the age of 18 who have experienced the impact of their own or another's AOD use. Further information: [www.toora.org.au/our-services/alcohol-addiction-canberra/specialist-alcohol-and-other-drug-counselling/](http://www.toora.org.au/our-services/alcohol-addiction-canberra/specialist-alcohol-and-other-drug-counselling/)

Status: Open to referrals. Online video and phone support. Contact: Ph (02) 6241 7233  
Email: [tooraAODservice@toora.org.au](mailto:tooraAODservice@toora.org.au)

## HIV Counselling:

- **Jane Keany:** Specialised Counselling support for people living with HIV, their "significant others" (partners, families and friends) and people at risk of HIV infection.

Status: Open to referrals to 31 December 2020. Online video, phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements). Contact: 0402222408 or email [jane@keanyhill.wattle.id.au](mailto:jane@keanyhill.wattle.id.au)

- **Canberra Holistic:** Specialised Counselling support for people living with HIV, their "significant others" (partners, families and friends) and people at risk of HIV infection.

Status: Open to referrals. Online video, phone support and some face-to-face support (in line with COVID-19 social distancing and hygiene requirements). Contact: Julia Byford  
Ph (02) 6166 9818, or email [julia@canberraholic.com.au](mailto:julia@canberraholic.com.au)

## HIV Nurse:

- Hobart Place General Practice
  - **HIV nurse:** The HIV Nurse program provides high-quality clinical HIV services to people living with HIV and those at risk of acquiring HIV. A Status: Open to referrals. Phone support and face-to-face services (in line with COVID-19 social distancing and hygiene requirements). Contact: Ph (02) 6247 4342 or email Philip Habel [philip@igp.net.au](mailto:philip@igp.net.au)