

## Network Participants

### Anglicare

ANGLICARE is the home mission and welfare arm of the Anglican Churches of NSW. Each year, ANGLICARE reaches out to over 500,000 people, bringing care and support to those struggling with poverty, disability, illness and despair. ANGLICARE services include emergency relief for families in crisis; foster care and adoption for abused children and those with special needs; counselling and support for children and youth with disabilities; migrant services; aged care through both nursing homes and community services; opportunity shops providing low-cost clothing; emergency services in times of disaster and chaplains in hospitals, prisons, mental health facilities and juvenile justice institutions. ANGLICARE's Emergency Service, in partnership with the Anglican community, offers assistance in caring for individuals and communities affected by major emergencies including bushfires, floods, storms, drought and unexpected high-impact incidents

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### Australian Centre for Agricultural Health and Safety

The Australian Centre for Agricultural Health and Safety is a research centre within the School of Public Health in the Faculty of Medicine with affiliation with the Faculty of Agriculture, with funding from the Hunter New England Area Health Service and NSW Health, with project funding from rural industries research and development corporations. Its mission is to assist rural Australians to attain improved levels of health and wellbeing through action to reduce to reduce the incidence and severity of injury and illness associated with life and work in agriculture. The Centre is the national resource centre for Farmsafe Australia and maintains links with farming organisations, industry and government across NSW and Australia. In its work with farmers, the issues of mental health and problems of increasing pressures on the people in agriculture have become propriety health issues for the Centre's work. The Centre has worked with farmers in north-west NSW to develop a resource package – *Managing the Pressures of Farming*, and is working with the Centre for Rural and Remote Mental Health in its programs aimed at improving access to effective mental health services in rural NSW.

- ① Associate Professor Lyn Fragar – Director  
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### Australian Rotary Health Research Fund

The Australian Rotary Health Research Fund (ARHRF) is a program of Rotary, a worldwide organisation of more than 1.2 million business and professional men and women who are acknowledged leaders in their communities and who put the ideal of service into action. Since 1981, Rotary clubs and Rotarians have supported health research in Australia. Findings in previous research areas of Cot Death, Health of the Elderly and Adolescent Health and Family Health have been internationally acclaimed. From 1 January 2000, support has gone to mental illness research in Australians. ARHRF has pledged to invest at least \$8 million for research into mental illness with the aim of funding research that will result in better treatment and services. It also aims to promote greater understanding in the community through education, which will reduce stigma and improve the lives of Australians affected by mental illness. The Rotary Health Safari, which saw a Winnebago tour the country throughout much of 2005, was particularly successful in improving the general public's awareness of mental illness – particularly the mental health of children.

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### *beyondblue*

*beyondblue* is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. *beyondblue* is a bipartisan initiative of the Australian, State and Territory governments with a key goal of raising community awareness about depression and reducing stigma associated with the illness. *beyondblue* works in partnership with health services, schools, workplaces, universities, media and community organisations, as well as people living with depression, to bring together their expertise around depression. *beyondblue* has identified rural mental health as a key priority, recognising the special challenges – such as isolation and difficulty accessing services – facing rural people.

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## Network Participants (cont'd)

### Black Dog Institute

The Black Dog Institute is a research, clinical, educational and community-oriented body specialising in mood disorders (depression and Bipolar Disorder). It is partly funded by NSW Health and its services are available state-wide. The Institute is committed to the improvement of mental health in rural and regional areas. It is keen to increase access by people in rural areas to services it offers, including Depression Clinic; professional education and training; and community education, information and resources. The Rural Mental Health Network provides a key platform for the Institute to work closely with other organisations involved in rural mental health to encourage people in rural areas to seek help for mood disorders and to improve service delivery to those people.

- ① Deana Bayoud – Community Education and Outreach Officer  
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### Centre for Mental Health Research, Australian National University

The Centre for Mental Health Research aims to improve the mental health of Australians through research and development, training, policy and the dissemination of health information. The Centre produces population-based mental health research of the highest standard, including evaluated interventions designed to prevent and treat mental health problems in the community. Its e-mental health program explores the use of new technologies for this purpose. Examples include the [BluePages Depression Information website](#) and [MoodGYM](#) – an online cognitive behaviour therapy program. Both sites have been shown in scientific trials to reduce symptoms of depression. The Centre's e-mental health programs also include sites focused on the provision of mental health care in rural and remote regions of Australia, and the facilitation of consumer participation in mental health research. The Centre also has a Foundation known as AFFIRM (the Australian Foundation for Mental Health Research). [AFFIRM](#) works with business and community sectors to undertake outreach activities and fundraising for mental health research in Australia.

- ① Kathy Griffiths – Director, Depression & Anxiety Consumer Research Unit  
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### Centre for Rural and Remote Mental Health

The NSW Centre for Rural and Remote Mental Health (CRRMH) was established in 2001 by NSW Government to lead the development of research, education and service development in mental health for rural and remote NSW. The CRRMH is part of the University of Newcastle, and is an important resource for mental health in rural NSW. The Centre is contributing both locally and nationally to improving the understanding of mental health needs of people in rural areas, and ways of developing better health services to meet these needs, through its academic leadership, collaborations and achievements in research, education and service and policy development. Among its many projects, the CRRMH has developed a set of projects focussing on the mental health and well being of farmers and farming communities: including working closely with farming organisations, and those community services that work closely with farmers. Projects are being undertaken that that endeavour to translate mental health research findings into a range of community and clinical programs. This includes playing a leading role in the Rural Mental Health Network.

- ① Professor Brian Kelly – Director, Centre for Rural & Remote Mental Health  
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### Centrelink

Centrelink is responsible for the provision of services on behalf of a number of Federal Government agencies including the Department of Agriculture, Fisheries and Forestry, and the Department of Families, Community Services and Indigenous Affairs. These include provision of financial and support services that enhance the well-being of farming families and communities facing change, for example through rural restructuring, drought etc. Membership of the NSW Farmers Association Mental Health Network enables Centrelink to maintain a close connection with the farming community, thereby enhancing communication and the identification of service gaps and issues facing farming families. It also recognises the importance Centrelink places on the maintenance of a healthy farming sector.

- ① Tim Bennetts – Business Manager, Rural Programs  
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## Network Participants (cont'd)

### Centre for Rural Social Research, Charles Sturt University

The Centre for Rural Social Research (CRSR) is a sub-program of the Institute of Land, Water and Society at Charles Sturt University. It contributes significantly to rural Australia and is recognised as the national centre for rural and regional social research due to the various research and consultancy projects it has undertaken on behalf of government agencies and community groups. It is the first place of call for many organisations interested in rural social issues. The Centre promotes the development of better provision of human services in rural Australia. The Centre has taken a lead role in drought research in recent years, with the most recent publication *The impact of drought on secondary education access in Australia's rural and remote areas*, highlighting the "silent victims of the drought."

- ① Professor Margaret Alston – Director, Centre for Rural Social Research  
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### Council of Social Services NSW (NCOSS)

The Council of Social Service of NSW (NCOSS) is an independent non-government organisation and is the peak body for the non-government human services sector in NSW. In this role, NCOSS plays a coordination, advocacy, policy development, leadership and information role for the social and community services sector in NSW. NCOSS works with its members on behalf of disadvantaged people and communities towards achieving social justice in NSW. It is part of a national network of Councils of Social Service, which operate in each State and Territory and at Commonwealth level. NCOSS membership is composed of community organisations and interested individuals. Affiliate members include local government councils, business organisations and Government agencies. Through current membership forums, NCOSS represents more than 7 000 community organisations and over 100 000 consumers and individuals. Member organisations are diverse; ranging from youth services emergency relief agencies to mental health, alcohol and other drug organisations.

- ① Kristie Brown – Senior Policy Officer, Health  
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### Counsellors and Psychotherapists Association of NSW

The Counsellors and Psychotherapists Association of NSW Inc (CAPA NSW) is the largest professional association in NSW for counsellors and psychotherapists. It is a non-profit organisation and is a member association of the Psychotherapy and Counselling Federation of Australia. CAPA NSW recognises the special needs of rural communities and is able to provide counselling and therapy services in different areas in NSW. CAPA's members are practitioners with a diversity of training and specialty areas and are both academically and experientially qualified. Professional counselling usually refers to shorter-term treatment for a particular issue or concern for an individual, couple or family. Psychotherapy usually refers to longer-term treatment for more complex issues that are having a negative effect on a person's life, with the aim of bringing about change at a fundamental level. To assist members of the public find a practitioner suitable for them, CAPA NSW provides a listing of experienced and professional counsellors and psychotherapists by name, postcode, therapeutic specialty and languages spoken via the website [www.capa.asn.au](http://www.capa.asn.au).

- ① Morgana Oliver-Ayers – Counselling Psychotherapist  
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### Country Women's Association of NSW

The Country Women's Association has been involved in improving the quality and quantity of health services provided in NSW since its inception in 1922. In rural areas there were no facilities to support families, or communities, in distress. Many feel that the situation has come full circle. When the CWA was invited to participate in the NSW Farmers Association initiated Rural Mental Health Network, the organisation agreed without hesitation, seeing the idea as a positive and tangible means to further assist members, their families and communities. The loss of services and facilities, particularly in the area of mental health, has been a concern for CWA members for many years. With the lowering of incomes, the increase in Government regulation, drought, and the ever-increasing population shift, rural communities have fewer resources and numbers to support a user pays system. The members of the Forum have brought forward projects and ideas that will allow rural and regional residents to access affordable assistance, without having to travel hundreds of kilometres. The CWA of NSW is committed to supporting the initiatives brought forward by the members of the Rural Mental Health Network, distributing information to members and their communities and lobbying Governments to improve mental health facilities and access to them, for rural and regional Australians.

- ① Colleen Wills, Vice President  
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## Network Participants (cont'd)

### Department of Primary Industries: Drought Support Workers

Drought Support Workers provide immediate personal support, information and referral to other appropriate services. They also contribute to policy development regarding drought and its impact on farming families to ensure priority issues and needs are addressed. As well as drought they assist families affected by bushfires, floods and storms. They organise Farm Family Gatherings to bring communities together as well as being a conduit for dispensing information and training. The Drought Support Workers have observed and brought to the attention of NSW Department of Health and other relevant agencies the deteriorating state of mental health and well-being of rural people. They have referred many clients to Mental Health Workers, have linked with the Centre for Rural and Remote Health to implement the Rural Mental Health Support line and assisted in training the Support Line operators.

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BOURKE:	Lyn Leigo 0427 265 810	
PARKES:	Jan Bruce 0427 257 191	
SCONE:	Tania Chesworth 0428 249 092 Carolyn Long 0428 296 332	
DENILQUIN:	Don Burrows 0427 324 033	
DUBBO	Pip Brown 0429 396 697	
WAGGA WAGGA:	Lloyd Kingham 0427 957 535	
GOULBURN:	Dick Kearins 0427 781 514	
HAY:	Danny Byrnes 0428 973 141	

### Lifeline Central West

Lifeline Central West Inc exists principally to support the Central West and North West region of NSW, and into the Riverina covering an area of approx. 550 000 km<sup>2</sup>. It provides services to 720 000 people through a 24-hour telephone counselling service, supported by over 60 volunteers, as well as face-to-face counselling via outreach, supported by 9 part-time counsellors; 4 of whom are volunteers. Lifeline Central west also provides community education and awareness training programs in areas of mental health, suicide prevention and awareness, and financial management. Lifeline Central West Inc. endeavours to build a comprehensive partnership that will provide a highly accessible 24-hour Telephone Counselling Service, which supports and complements the work of many government departments, play a key role in the prevention, early intervention and relapse prevention of mental health disorders, support collaborative care approaches between government and communities, as an essential component of reforming the NSW mental health care system, and create stronger, more resilient communities. Current services include Credit Line Central West Financial Counselling Service, Central West Gambling Counselling Service, Credit Line Riverina, 24-Hour Telephone Counselling.

① Jennifer Janes – Manager		
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### NSW Association of Rural Financial Counsellor Groups

The NSW Association of Rural Financial Counsellor Groups is a group of independent financial counsellors who provide a free and independent financial counselling service for farming families and small rural businesses faced with difficult decisions. Rural Financial Counselling Services are locally managed by elected community committee members, respecting the confidential relationship between the Rural Financial Counsellor and the clients of the Service. Funding for the NSW Services is provided by: Local community support donations, NSW Department of Primary Industries and Commonwealth Department of Agriculture Fisheries and Forestry. Most Rural Financial Counsellors will meet with families on-farm, helping farm families identify and assess the various options available.

① Susan Mitchell – State President		
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## Network Participants (cont'd)

### NSW Farmers' Association

NSW Farmers' Association is an apolitical voluntary industry body representing the majority of commercial farm operations throughout the farming community in NSW. Through its commercial, policy and lobbying activities it provides a powerful and positive link between farmers and the public. The severe and in many regions ongoing drought highlighted to the Association the current mental health conditions and services across rural and remote NSW. The emotional stress from such adverse circumstances impacts not only farmers, but also their families, communities and even the drought support services themselves. Whilst the drought may have a limited life span, its ramifications such as depression, financial hardship, and loss will continue for many years. The Association is extremely concerned that despite the disproportionate level of depression in rural and remote areas, communities in these areas have poorer access to mental health support. The Association hosted a Rural Mental Health Forum in June 2005 to bring together the key mental health players across the state to identify a more collaborative approach. This led to the formation of the Rural Mental Health Network.

- ① Jock Laurie – President  
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### Presentation Sisters Rural Outreach Service

The Presentation Sisters Rural Outreach Services provides an active, caring presence and is a supportive resource to people in isolated, rural areas of the Riverina and Southwest Slopes. Presentation Sisters Rural Outreach Services provide support for women, men and families; community building activities; home-based rural counseling; workshops; home visits and pastoral care. The Presentation Sisters Rural Outreach Services also provide community education services including parenting workshops, mental health and healthy well-being workshops and workshops for carers.

- ① Sister Bernadette Pattison – Rural Outreach Worker  
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### Rehabilitation Counselling Association of Australasia

The Rehabilitation Counselling Association of Australasia (RCAA) is a professional body representing the interests of tertiary qualified Rehabilitation Counsellors in the Australasia region. A Rehabilitation Counsellor is an allied health and human service professional who works with individuals experiencing injury, disability and/or social disadvantage to achieve occupational, personal and social goals. To achieve this, Rehabilitation Counsellors work with individual strengths and facilitate change in both the person and their environment.

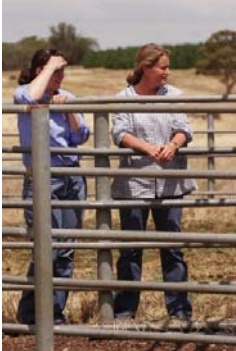
- ① Fay Woods – RCAA Member and Country Representative for the Dubbo Region  
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### Rural Doctors Association of Australia

The Rural Doctors Association of Australia (RDAA) was formed in 1991 to give rural doctors a national voice. RDAA comprises the Rural Doctors Association (RDA) of each State and the Northern Territory, representing rural doctors from right around the country. Members are typically drawn from small rural towns and remote areas in categories 4-7 of the Rural, Remote and Metropolitan Areas classification system. RDAA's vision is for excellent medical care in Australia's rural and remote communities. RDAA advocates for highly skilled and motivated medical practitioners who are adequately trained, remunerated and supported, both professionally and socially. By working closely with its members and key stakeholders such as the Commonwealth Government, RDAA provides support, policy development, research, submissions and strategic advice on relevant issues.

- ① TBA



## Network Participants (cont'd)

### St Vincent de Paul Society

The St Vincent de Paul Society prides itself on its grassroots involvement with people in the local community. Its most important activity is providing support and material help to people in crisis, in their home. It is one of Australia's largest charitable providers involved in every area of human need. The Society is a Catholic organisation with more than 20 000 members and volunteers in NSW and the ACT. The Society, through the work of its members, volunteers and staff, works to bring about lasting change to improve the lives of people in need. The Society's Disaster Recovery role is part of the NSW State Disaster Welfare Plan, an organised and co-ordinated disaster recovery plan which is implemented in the event of a disaster through the Department of Community Services. St Vincent de Paul has 16 Area Team Leaders in NSW/ACT for Disaster Recovery teams, who are constantly reviewing the Society's local plans so that the organisation is prepared for any emergency, including natural disasters such as droughts, bushfires and floods.

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### Suicide Safety Network

Several Suicide Safety Networks have been established across NSW as part of the Federal Department of Health and Ageing's Suicide Safety Networks Replication Project. The Suicide Safety Networks bring together agencies and individuals who are concerned with suicide prevention, forming them into a network providing opportunities for adopting a common focus; working together on prevention projects; speaking to the community with one voice; learning from each other and from network-organised skills education; and more effective lobbying for support and funding. The Suicide Safety Network (Central Coast) is the most recent network to have been established in NSW, with a network now in the process of being established in Tamworth

① Chaplain Eric Trezise – President, Suicide Safety Network (Central Coast)  
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### The Salvation Army

The Salvation Army, an international movement, is an evangelical part of the Universal Christian Church. The Salvation Army provides a range of social services and programs throughout Australia ranging from chaplaincy to suicide support groups to youth services. The Salvation Army also works to address rural isolation, providing a range of support services across NSW and the ACT.

① Bill Sweeting – Rural Chaplain  
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### Wesley Mission LifeForce

LifeForce is a national suicide prevention service, developing and delivering programs to promote individual and community well being with a specific focus on identifying and dealing with the issues of potential and actual suicide. Working collaboratively with organisations and local communities, LifeForce has developed strategies to raise awareness of suicide and mental health issues in those communities. Over the last few years the Program has experienced positive growth and is now part of the National Suicide Prevention Strategy and supported by the Federal Government. In 2006, LifeForce received funding to work with communities to develop Suicide Prevention Networks. These networks are designed to provide a framework for the development of localised suicide prevention, bringing together community participants with an interest in/or service provision in suicide and mental health issues. The Suicide Prevention Network's focus is on supporting improved suicide prevention activities through a collaborative and strategic community approach.

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