GETTING OUT

MENTAL HEALTH

The term 'mental health' can mean many different things, and is sometimes used to describe feelings of stress, worry and sadness. These feelings are distressing but are sometimes a normal reaction to difficult circumstances. It is not surprising that you feel these things when you have just been released from prison. Finding support and practical help is really important.

Having a 'mental health condition' is different to this. Mental health conditions such as major depression, severe anxiety, bipolar disorder or schizophrenia deeply affect how you feel, think and behave. Mental illness can take some time to be formally diagnosed and can often be managed through a combination of medication and therapy with a psychologist. Whatever your concern is about your mental health, CRC can help you to find the best options for support and treatment. Call CRC on (02) 9288 8700.

CRC community restorative centre

I need some help with my mental health. Who can I call to talk to?

A good place to start is to talk through what you are feeling with a service such as:
- BeyondBlue (1300 224 636)
- NSW Health Mental Health Line (1800 011 511)

These services have trained professionals available 24 hours, 7 days per week, who you can talk to about your mental health and get some guidance on what to do next.

If you have a family doctor (GP), they are also good to talk to as they can assess the best type of help for you and refer you to a variety of supports such as psychologists or community mental health services.

Are community mental health services still operating?

Community mental health services are running as usual but taking extra precautions to prevent COVID-19 infection, including screening clients for symptoms via phone before a face-to-face visit, wearing face masks and only conducting home visits when 'absolutely necessary'. If you are already in contact with a mental health service, call them to ask what their current arrangements are. In a serious crisis, you may need to go to a hospital emergency department.

What if I'm feeling suicidal?

If you are already linked in with a community mental health service, call them straight away or call the NSW Health Mental Health Line on 1800 011 511. You can also call the Suicide Call Back Service on 1300 659 467 for urgent and ongoing support.

Websites and phone numbers for further information:

www.beyondblue.org.au/get-support/get-immediate-support

www.suicidecallbackservice.org.au

NSW Health support services contact list:

www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx

BeyondBlue: 1300 224 636

NSW Health Mental Health Line: 1800 011 511

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