



# Care Connect

## - We walk with you.

### Have you previously attempted suicide?

Getting the right kind of help can make a huge difference to the way you feel and your process.

### How do we help?

1. We connect with you immediately after you leave hospital, or are referred to us, to begin offering our support.
2. If you are not already receiving support from a psychologist or counsellor, we can offer up to 6 sessions with a specialised clinician.
3. We offer individual assessments.
4. We will help you develop a support plan.
5. We link you to the local support services that are right for you.
6. We support your needs and goals and help keep you safe.
7. We offer support to your family and caregivers.

### Who do we support?

If you have previously attempted suicide in the last 6 months and you live in the Kempsey and Bellingen Shire Regions, we can provide support for you.

### Contact

1800 718 573  
socialfutures.org.au  
careconnect@socialfutures.org.au  
57 Elbow Street Kempsey NSW 2440

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This Care Connect service is funded by Healthy North Coast through the North Coast PHN program.

**HEALTHY**  
**NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative



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We acknowledge the Traditional Custodians of the land where we live and work and their continuing connection to land, sea, sky, waterways and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.