

The Strong Community Program

Free Mental Health & Wellbeing Support for Aboriginal and Torres Strait Islander Peoples Aged 12+

The Strong Community Program team provides a range of **free mental health and wellbeing services and supports** including;

- ▶ 1:1 counselling and case management — on-site or in the community
- ▶ Group programs — on-site and in the community
- ▶ Health Promotion in schools and in the community

As well as on-site support, the team will also provide outreach to communities in Cabbage Tree Island, Wardell, Ballina, Box Ridge, Woodburn, Lismore, as well as support to neighbouring LGA's.



Lives Lived Well

How do I get started? You can self-refer or be referred from another service.

Call us on 0456 447 790 and we can answer your questions and book you in.

Alternatively if you are already linked in with a GP or other professional as listed below, they can complete a referral for you also which will assist our team to understand how to best support you.

We accept referrals from:

- ▶ GPs
- ▶ Psychologists
- ▶ Psychiatrists
- ▶ Health or community support services
- ▶ Family / Carers / Kin
- ▶ Teachers / Guidance Officers

Contact us

- ☎ 0456 447 790
- ✉ NthNSWStrongCommunity@llw.org.au
- 🌐 Visit liveslivedwell.org.au

Or pop in for a yarn and a cuppa.

We are located at **133 Ballina Road, East Lismore.**



Lives Lived Well

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