



evidence-based solutions for rural communities



Centre for
Rural & Remote
Mental Health



About CRRMH

People living and working in rural and remote regions face serious barriers when it comes to seeking and accessing mental health services. They experience extreme weather events, financial uncertainty, economic and social change and relative isolation.

The University of Newcastle's Centre for Rural and Remote Mental Health (CRRMH) exists to provide leadership in rural and remote mental health research and program delivery. We build knowledge and capacity which has the ability to influence health service providers and impact rural communities.

The CRRMH focuses on the following key areas:

- the promotion of good mental health and the prevention of mental illness;
- developing the mental health system to better meet the needs of people living in rural and remote regions; and
- understanding and responding to rural suicide.

The CRRMH was established by NSW Health, and has been managed by the University of Newcastle since 2001.

The CRRMH exists to provide leadership in rural and remote mental health research and program delivery. We work closely with rural communities and our valued partners to provide evidence-based service design, delivery and education around the country.

“...conducts research and delivers evidence-based programs and services to rural and remote communities...”

Our research capability

The CRRMH is part of the University of Newcastle's Faculty of Health and Medicine.

The CRRMH's research team has broad qualitative and quantitative capacity and expertise in mental health promotion, health service evaluation, theoretical modelling, suicidality and suicide prevention.

We also have access to advanced clinical and technical research skills within Orange and the University of Newcastle.

The research team addresses three broad questions:

- How can individuals, their families, and their communities stay mentally healthy?
- How can mental health services be improved?
- How can we understand and act to prevent rural suicide?

One of the answers to the above questions lies in moving from fragmented and provider-centred services to integrated and consumer-focused services. CRRMH is the Australian Collaborating Centre for the International Foundation for Integrated Care (IFIC) and works with colleagues across the world to promote services that are beneficial for consumers, populations, staff and funders. This approach implies substantial changes to the ways in which we respond to needs and has the potential to improve the lives of rural residents who face challenges to their mental health and wellbeing.

Vice Royal Patron of the CRRMH is
His Excellency General The Honourable
David Hurley AC DSC (Ret'd) Governor of NSW

What we do

The CRRMH conducts research and delivers evidence-based programs and services to rural and remote stakeholders and communities some of which include:

- The Australian Rural Mental Health Survey which makes a significant contribution to the global understanding of mental health in rural and remote communities, with more than 40 peer-reviewed articles published.
- The Rural Adversity Mental Health Program (RAMHP) delivered in partnership with rural NSW Local Health Districts supports rural people through adversity and informs, educates and connects communities to mental health support.
- Good SPACE, a suicide prevention program which aims to prevent suicide through community and clinical education.
- We-Yarn which provides culturally appropriate suicide prevention workshops to Aboriginal people and was developed in consultation with Aboriginal communities.
- Evidence-based multi-media and print resources such as podcasts, videos, online quizzes, fact sheets and the Glove Box Guide to Mental Health.

Consultation

The CRRMH has an experienced advisory group to ensure the relevance of our work. The Community Advisory Committee connects the Centre to all levels of rural and remote communities and provides advice on the CRRMH's programs and services.

More information at:

www.crrmh.com.au | www.ramhp.com.au

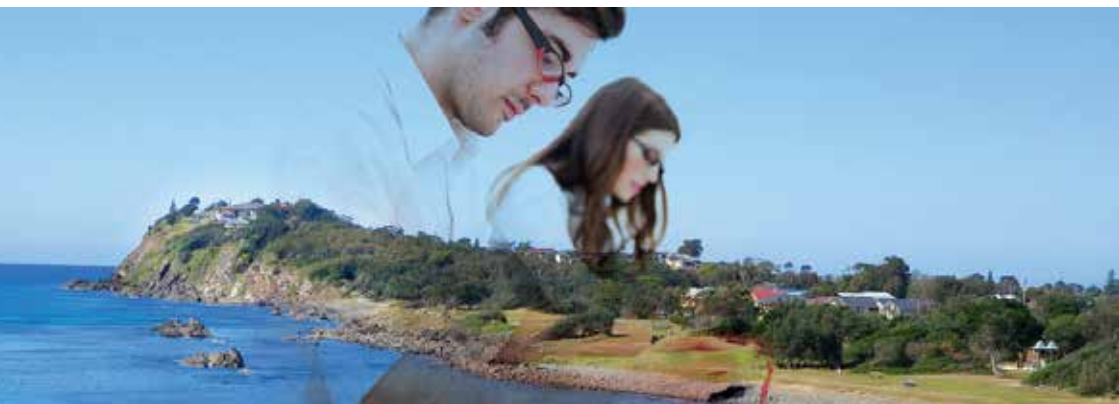
Partner with us

The Centre for Rural and Remote Mental Health is keen to partner with governments, universities, industries, non-government and community organisations.

If you are interested in research, policy, service delivery, program and workforce development in rural and remote areas, we can work with you.

As a partner the Centre:

- has considerable research expertise and capacity to collect data in rural and remote communities;
- has the capacity and a track record of working successfully and respectfully with Aboriginal communities;
- has a wealth of longitudinal data on the mental health and wellbeing of rural and remote citizens;
- has expertise in designing, implementing and evaluating state-wide mental health programs;
- has solid relationships with rural communities, and community groups and agencies in NSW, and;
- has a track record of providing policy advice, program delivery, workforce development and applied research about rural and remote mental health and wellbeing.



The road ahead

CRRMH is continually looking for new opportunities to partner with researchers, universities, industry and community organisations.

If you are interested in discussing your project or proposal to improve the wellbeing of rural and remote communities, give us a call on +61 2 6363 8444.

The Centre's Director, Professor David Perkins can be contacted at crrmh@newcastle.edu.au

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THE UNIVERSITY OF
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AUSTRALIA



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for Integrated Care
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