

MEDIA RELEASE



Thursday, 31 August 2017

NEW websites connect rural people to mental health support

Each year one in five of us will experience a mental health problem. If you live in the city, you are twice as likely to see a psychologist than if you live in a rural area of NSW.

To address this the Centre for Rural and Remote Mental Health (CRRMH) and its flagship program the Rural Adversity Mental Health Program (RAMHP) have launched new websites ensuring rural communities know when, where and how to find mental health support when they need it.

Director of the CRRMH Professor David Perkins said the new websites were developed to make it easy for anyone to find evidence-based information and research, useful resources, and contact details for Rural Adversity Mental Health Coordinators located across NSW.

“A key feature of our new RAMHP website is an interactive map of NSW which provides contact details for RAMHP Coordinators located across rural and remote NSW. We want people in the bush to know where they can go for help,” he said.

“We understand rural communities may be doing it tough dealing with financial hardship, isolation, uncertain weather forecasts, as well as dealing with unexpected adverse situations. RAMHP Coordinators are unique in that they live and work in rural and remote communities and have strong local connections,” said Professor Perkins.

The visually appealing and easy to navigate websites also include links to research papers, publications and studies on topics such as rural suicide prevention and Aboriginal health and wellbeing.

Other key features on both websites include a comprehensive list of online and telephone directory services in NSW as well as an Events and Training Calendar highlighting key mental health activities.

Individuals, communities or service providers looking for education and training courses in mental health support skills can find a range of options on the CRRMH and RAMHP websites.

“We encourage people to check out both websites, find the information available and make use of their interactive features,” Professor Perkins said.

To access the new websites go to:

Centre for Rural and Remote Mental Health: www.crrmh.com.au

Rural Adversity Mental Health Program: www.ramhp.com.au



About the CRRMH

The CRRMH is committed to improving the mental health, wellbeing and resilience of rural and remote residents.

A major rural initiative of The University of Newcastle, Faculty of Health and Medicine and the NSW Ministry of Health (www.health.nsw.gov.au), the Centre has a track record of conducting high quality research and delivering evidence-based programs and services that improve mental health and wellbeing. Our staff are located across rural and remote NSW. Our Patron is His Excellency General the Honourable David Hurley AC DSC (Ret'd) Governor of NSW.

The Centre 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.

As the Australian Collaborating Centre for the International Foundation for Integrated Care, we promote patient-centred rather than provider-focused care that integrates mental and physical health concerns.

---ends---

MEDIA CONTACT: Jocelyn Johnston | Communications Coordinator

T: 0410549325

E: jocelyn.johnston@newcastle.edu.au

Locked Bag 6005 Orange NSW 2800



Website



Facebook



Twitter



YouTube

