

# MEDIA RELEASE



Tuesday, 21 May 2019

## RAMHP appoints new Coordinator based in Nowra

The Rural Adversity Mental Health Program (RAMHP) has announced the appointment of Alison Tye as the new RAMHP Coordinator working across both the Illawarra Shoalhaven and South Western Sydney Local Health Districts.

Ms Tye holds a BA (Social Work) from Charles Sturt University as well as a Graduate Certificate in Indigenous Health from the University of Wollongong and she has a clinical background working with families in mental health and drugs and alcohol.

Ms Tye's previous experience includes child protection and Justice Services and she has taught adults at both TAFE and University levels. More recently Alison was employed as a mental health clinician in a pilot project called the 'Whole Family Team' where children are considered to be at risk of significant harm and one or both of the parents have drug and alcohol and/or mental health issues.

RAMHP Program Manager Tessa Caton said the decision to appoint a new RAMHP Coordinator based in Nowra was due to the growing need for more mental health support for the dairy farmers located across that region.

"We want to help our communities to be better educated and informed about mental health concerns so they can help each other. If someone is experiencing a mental health concern, we want them to be able to find help and recover.

"Alison brings significant experience to this position including management, education communication and networking skills. Her comprehensive knowledge, connections and understanding of rural mental health issues will be a great asset to RAMHP and future directions," said Ms Caton.

"Having an experienced RAMHP Coordinator connecting people to help, resources and information is important for these communities" she said.

Alison is based in Nowra, NSW and can be contacted on p: 0436 826 672 and e: Alison.Tye@health.nsw.gov.au

If you have any concerns about yourself or a loved one, please contact the **NSW Mental Health Line on 1800 011 511 (free call for landlines)**, the **Alcohol and Other Drugs Information Service (ADIS) 1800 422 599** or call **Lifeline on 13 11 14**. For best practice guidelines on Mental Health and Suicide Reporting, visit: <http://www.mindframe-media.info/>

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