

# MEDIA RELEASE



Tuesday, 6 August 2019

## RAMHP appoints new Coordinator based in Mudgee

The Rural Adversity Mental Health Program (RAMHP) has announced the appointment of Cassandra Mastrone as the new RAMHP Coordinator working across the Western NSW Local Health District.

Ms Mastrone holds a BA Social Science (Psychology) and a Post Graduate Diploma in Forensic Psychology.

Ms Mastrone's previous experience includes working as a mental health worker in Bourke, Brewarrina, Dareton and Broken Hill for the Far West Local Health Service. More recently Cassandra was employed as a psychologist for nearly 11 years with Corrective Services assessing and treating offenders before moving on to a school psychologist role. In the last two years, Cassandra was employed by NSW Police assessing and treating a range of mental health issues.

RAMHP Program Manager Tessa Caton said the decision to appoint a new RAMHP Coordinator based in Mudgee was to increase RAMHP's capacity to support western NSW through the ongoing drought.

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

"Cassandra brings significant experience to this position including counselling, education communication and strategic skills. Her extensive 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 particularly during these tough times," she said.

Cassandra is based in Mudgee, NSW and can be contacted on e: [Cassandra.Mastrone@health.nsw.gov.au](mailto:Cassandra.Mastrone@health.nsw.gov.au) or t: 0436 921 076

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)** for advice, or **Lifeline on 13 11 14**. For best practice guidelines on Mental Health and Suicide Reporting, visit: <https://mindframe.org.au/>

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