

Bicheno Mental Health Directory – October 2024

This directory specifically lists services and providers who provide face-to-face mental health services to the Bicheno community. GP appointments are also available at cohealth to discuss your mental health and social and emotional well-being and for referral to other services.

Service / Provider	Details	How to access	Cost	Visit frequency
<p>RFDS Youth Mental Health Worker 8 - 17 year olds (Naomi)</p>	<p>RFDS qualified youth mental health workers are able to support you with your mental health and well-being concerns and to help provide strategies to overcome those concerns</p>	<p>Self or Health Care Provider Referral 03 6779 1483 (Mon - Fri) 0447317708 (Mon-Thurs) mentalhealth@rfdstas.org.au</p>	<p>Free</p>	<p>Attends Bicheno weekly (Tues & Wed)</p>
<p>RFDS Adult Mental Health Worker Anyone over 18 (Michael)</p>	<p>RFDS qualified mental health workers are able to support you with your mental health and well-being concerns and to help provide strategies to overcome those concerns</p>	<p>Self or Health Care Provider Referral 03 6779 1483 (Mon - Fri) 0409602992 (Mon, Thurs, Fri) mentalhealth@rfdstas.org.au</p>	<p>Free</p>	<p>Attends Bicheno</p>
<p>Richmond Futures Mental Health Nurse Program Anyone over 18</p>	<p>Mental Health Nurses provide assessments, therapeutic interventions, medication monitoring, family support and care co-ordination. They are able to see people in the community or their own homes</p>	<p>Healthcare Provider Referral with Mental Health Treatment Plan</p>	<p>Free</p>	<p>Attends Bicheno fortnightly</p>
<p>StandBy All ages</p>	<p>The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life.</p>	<p>Self Referral 1300 727 247</p>	<p>Free</p>	<p>Accessible 7 days a week via phone Attends Bicheno on request</p>

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Anglicare All ages (Natalie)	The East Coast Counselling Service provides counselling, information, advocacy & advice for people living in the areas of St Helens, Bicheno and the Fingal Valley.	Self or Health care provider Referral 1800 243 232 or connectsupport@anglicare-tas.org.au	FREE	Attends Bicheno fortnightly
Counselling, Consulting Services Tasmania All ages (Hollie & Leanne)	Individual counselling services for adults, adolescents, and children. Relationship counselling for couples and families. Located on the East Coast providing services from St Helens to Bicheno and surrounds.	Self-referral 0419 175 948 hollie@ccstas.com.au leanne@ccstas.com.au www.ccstas.com.au	Fees may apply. Some services free or subsidised.	Attends Bicheno fortnightly or as needed.
Crawley Clinic (Victoria)	Evidence-based therapies in person and via telehealth for rural communities	Self-referral (full fee) or Healthcare provider referral with Mental Health Treatment plan 03 6331 0577 email admin@thecrawleyclinic.com.au	Some Services free or subsidised. STPI is free for health care card holders or financial hardship with a mental health care plan. Otherwise full-fee (self) or subsidised Fees may apply.	Attends Bicheno Weekly (Wednesdays)
Laurel House (Keva)	Counselling and support for those impacted by sexual harm.	Self-referral or Healthcare provider (03) 6334 2740 or completing the enquiry form on their website https://www.laurelhouse.org.au/	Free	Attends Bicheno as needed