



...specifically trained to help people with a range of everyday social and emotional challenges.



**Counselling and support >**

Mental Health Professionals are specifically trained to help people with a range of everyday social and emotional challenges including:

- > Anxiety
- > Abuse
- > Self-esteem
- > Work related issues
- > Achieving wellbeing
- > Depression
- > Grief and loss
- > Relationship issues
- > Stress management
- > Living with a serious illness and lifestyle balance

Mental Health Professionals assist people by providing:

- > A confidential and non judgmental environment to express and explore concerns
- > Information and strategies to help prevent, identify and resolve a wide range of difficulties
- > Links to appropriate support within the community
- > Mental Health First Aid Training

The multi-disciplinary team consists of clinicians with qualifications in Psychology, Social Work and Nursing.

**Field Days >**

The Field Day Coordinator is able to provide a free service to families and staff on stations or those living in isolated communities.

The service focuses on social and emotional wellbeing by providing an opportunity to discuss health issues, environmental and business issues that impact on their sense of wellbeing. Information is delivered through displays at community events, workshops and or field days. Guest presenters attend to share their knowledge and experience in a relaxed environment.



**Areas covered >**

Central West towns including:

- > Alpha
- > Aramac
- > Barcaldine
- > Blackall
- > Ilfracombe
- > Isisford
- > Jericho
- > Longreach
- > Murrumbidgee
- > Stonehenge
- > Tambo
- > Winton
- > Yaraka

Additional regions to the Field Days:

- > Augathella
- > Boulia
- > Charleville
- > Cloncurry
- > Jundah

**Accessing the program >**

Referrals can be made from:

- > Individuals or family members
- > General Practitioners
- > Community Support Agencies

There is no fee to access this service.

**Programs funded by >**

- > Australian Government Department of Health and Ageing Regional Health Services Sub Program
- > Council of Australian Governments
- > Department of Families and Housing, Community Services and Indigenous Affairs





## About the Royal Flying Doctor Service >

The Royal Flying Doctor Service (RFDS) is dedicated to providing vital health care to anyone travelling, working or living in Australia.

The iconic RFDS's emergency retrieval service operates 24 hours a day, seven days a week and has expanded to provide regular transfers of patients for life-saving surgery such as organ transplants and heart surgery, delivering critical support to those who live in rural and remote areas.

A broad range of essential health care services to rural and remote communities are also delivered by the RFDS. This comprehensive health care service includes general practice, Indigenous health, child and family health, social and emotional wellbeing, women's health and health promotion.

Today, the RFDS provides the finest care to more than 270,000 Australians each year – that's one person every two minutes.

In Queensland, the RFDS operates from eight bases including Brisbane, Bundaberg, Rockhampton, Townsville, Cairns, Mount Isa, Charleville and Longreach. These bases form a strategic network and help deliver the finest health care to all Queenslanders situated in coastal, regional, rural and remote areas.

Although the RFDS receives some Federal and State Government funding, we rely on fundraising initiatives and donations from individuals, organisations and the community to help us raise \$7 million each year to purchase and aeromedically fit-out our aircraft, purchase vital medical equipment and enhance our operational facilities. To make a donation visit [www.flyingdoctor.org.au](http://www.flyingdoctor.org.au) or phone 1300 669 569.

### Contact us >

RFDS Longreach Base  
Social and Emotional Wellbeing Program  
ACN 009 663 478

137B & C Eagle Street or PO Box 599  
Longreach QLD 4730

Ph: (07) 4652 5800

Fax: (07) 4652 5899

General email: [rfdslng@rfdslqld.com.au](mailto:rfdslng@rfdslqld.com.au) or

### Hours of operation >

8.30am - 5.00pm Monday to Friday

### After hours mental health crisis support >

- > Present at the Emergency Department of the Longreach Hospital or
- > Contact Rockhampton District Mental Health Service on telephone (07) 4920 6100



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*The furthest corner. The finest care.*



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## Social and Emotional Wellbeing Program >

### RFDS Longreach Base Covering the Central West



07/13