

23 November 2020

Free mental health coaching now available in South Eastern NSW

A free mental health coaching program developed by Beyond Blue is now available in South Eastern NSW.

NewAccess, delivered in conjunction with Wellways and COORDINARE – South Eastern NSW PHN, is a six-session program offering practical advice on how to manage stress and cope with emerging mental health issues, including early signs of anxiety and depression.

Evidence shows that seven out of ten people who use NewAccess recover from their symptoms.

The program is free, completely confidential and available in-person, over the phone or by video call.

NewAccess coaches are specially trained in Cognitive Behavioural Therapy, guiding people through a proven, evidence-based and personalised program.

The program is now available for people living in South Eastern NSW, from Helensburgh in the north to the Victorian border, and across to Yass and the Snowy Mountains.

NewAccess is of particular benefit to people living in rural and regional areas where mental health support can be limited, and participants do not require a referral from a doctor or health professional.

There is no waitlist and appointments are available within seven days.

Beyond Blue CEO Georgie Harman said NewAccess provides a great starting point for people feeling stressed, anxious or overwhelmed about everyday life issues.

“NewAccess is designed to help people identify the source of pressure and stress in their lives and provide practical ways they can respond,” Ms Harman said.

“NewAccess is designed to break down the harmful stigma associated with mental health conditions and other barriers that can prevent people from seeking support. The new team of NewAccess coaches looks forward to working with the people of South Eastern NSW.”

Wellways CEO Laura Collister said:

“South Eastern NSW communities have experienced more than their fair share of hardships over the past decade. Locals recognise the need for a service like NewAccess in their communities and the response to our callout to train locals to become coaches has been overwhelming.

“The speed with which local communities have been ready to embrace NewAccess has been extraordinary, with requests for access to the program received in advance of services commencing.”

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South Eastern NSW PHN CEO Dianne Kitcher said:

“This new service will help to reach members of our community who may not normally access support to manage the way they feel at a time when they need some assistance or require someone to talk to.

“It is different to other counselling services. Instead of a counsellor, people have a coach to help them work through an individual plan that they develop together, and progress is reviewed at each session to ensure they are receiving an appropriate level of care.”

NewAccess has been rolled out in parts of Queensland, NSW and the ACT since 2013, providing support to more than 13,000 people.

For more information about NewAccess, visit beyondblue.org.au/get-support/newaccess

To enquire about NewAccess in South East NSW, phone 02 6246 7120, email NewAccess coaches at senswnewaccess@wellways.org or visit www.wellways.org/newaccess-enquiry

This free service is supported by funding through COORDINARE – South Eastern NSW PHN through the Australian Government’s PHN Program.

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The Beyond Blue Support Service is available via phone 24/7 on 1300 22 4636 or via beyondblue.org.au/get-support for online chat (3PM – 12AM AEST or email responses within 24 hours).