

# How do I get connected to local Mental Health Supports ....

medicare

## Mental Health Centre Coffs Harbour

### Medicare Mental Health Centre

Coffs Harbour Medicare Mental Health Centre is located at Suite 2, GF, 27-29 Duke Street, Coffs Harbour.

Medicare Mental Health Centre provides free counselling for people 18 years and over. No referral, Mental Health Treatment Plan or appointment necessary, walk-in's welcome.

You can contact Coffs Harbour Medicare Mental Health Centre on – 02 5642 4060



### Healthy Hub Connect

Drop into Healthy Hub Connect

Located at Suite 4, 73 Albany St, Coffs Harbour.

Healthy Hub Connect can help support you to make a referral to access free mental health services via Medicare Mental Health Line. For more information email - [healthyhubconnect@each.com.au](mailto:healthyhubconnect@each.com.au)



### Buttery – Drug and Alcohol Treatment programs

The butterfly has multiple programs to support people struggling with AOD use and their families. You can self-refer by calling The Buttery intake line – 02 6687 1111

- Family, Friends and Carers support program
- Drug and Alcohol Treatment program (DAT)
- Continuing Coordinated Care Program
- Withdrawal Management Program – Home detox
- Residential Rehabilitation program

medicare Mental Health

### Call Medicare Mental Health Line on 1800 595 212

The phone line is different from the centre. They can help connect you to the right service/support for you.

They are the phone referral point for both the Medicare Mental Health Centre and Healthy Hub Connect services.