

Directions Health Services is a not-for-profit organisation that provides a range of integrated services for people, their families and supports impacted by mental health, substance use and/or other co-occurring issues.

We work within a trauma-informed and recovery orientated framework that recognises the individual needs and complex issues many of our clients face, including co-occurring substance use. Our person-centred, non-judgemental programs recognise the individual goals people have regarding their health and wellbeing.

Directions' programs hold AGPAL, QIP and IHCA accreditation.

Services at Bega Mental Health Hub are funded by



*Cover image: Bega Valley bushfire regeneration
Photograph by N. Jordan*



Directions
Health Services

Bega Mental Health Hub

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Directions Health Services acknowledges the traditional custodians of the lands upon which we live and work, their ancestors and elders both past and present, and other represented Aboriginal and Torres Strait Islander communities. We are committed to actions that promote reconciliation and a positive future for all Aboriginal and Torres Strait Islander communities.

Directions also acknowledges the valuable contributions people with lived experience and other diverse cultures, identities and lifestyles make to our services and our communities.

BEGA MENTAL HEALTH HUB



Bega Mental Health Hub

The Bega Mental Health Hub operates in partnership with Head to Health.

The Hub provides a safe and welcoming space to connect with one of our team if you, or someone you care about, is experiencing difficulties with their mental health or social and emotional wellbeing.

The Hub has a small team of multidisciplinary staff, including mental health clinicians and peer workers with lived experience.

While anybody of any age can be referred to our service, we are a generalist mental health service that prioritises working with people with moderate mental health needs who are from vulnerable and marginalised backgrounds.

We will work with you to develop a care plan that identifies your needs and priorities. If you would like us to, we will collaborate with other services that can also support you in your recovery. If you have specialist needs (e.g. child psychology, family therapy or other acute needs) we will work with you to identify and warmly connect you with the right service.

Even if you have never sought support before, we welcome you to reach out to our Hub. Our team will provide a confidential and trauma-informed service to you and/or your family and friends.

Crisis support

Please note that while we are not a crisis service we will do our best to be as responsive as possible. If you need immediate help or are at risk of harm to yourself or others, call 000 immediately.

Other support lines include:

Mental Health Line | 1800 011 511

Lifeline | 13 11 14 or lifeline.org.au

13YARN | 13 92 76

Kids Help Line | 1800 551 800

Suicide Call Back Service | 1300 659 467

Roses in the Ocean | 1800 777 337

Outreach Services

The Bega Mental Health Hub will provide outreach to various locations within the Bega Valley Shire. Give our office a call to find out when we'll next be visiting your local community.



'Gathering Places' by Lynette Talbot

Mental Health Hub Locations

Scan this QR code for a full list of locations for Head to Health and Mental Health Hub services:



Cost

Bega Mental Health Hub services are free and people who are facing socio-economic disadvantage are prioritised.

Privacy

All our services are confidential. Your consent is required to share information with other services or people, unless required under legislation. With your consent, we can share all or parts of your advice and mental health plans with your GP or other health care providers you nominate.

Feedback and Complaints

What you think about our service matters and we appreciate your feedback.

If you have a complaint, ask to speak with the Team Leader. Alternatively, you can contact the Chief Operating Officer or Chief Executive Officer on 02 6132 4800.

Anonymous feedback can be provided by using the Contact Us page at www.directionshealth.com

You are also welcome to provide any feedback through our Community Advisory Group by emailing cag@directionshealth.com