

## How can I access Healthy Hub Connect?

Head to Health provide intake, assessment, and referral services. They can discuss your needs and match you to the right support, like Healthy Hub Connect.

**1800 595 212**

**Monday – Friday 8:30am – 5:00pm**

\*except public holidays

### Healthy Hub Connect locations:

#### BYRON BAY

Suite 9, 75 Jonson Street

#### COFFS HARBOUR

Suite 4, 73 Albany Street

#### PORT MACQUARIE

Suite 6, 21-27 Grant Street

### To find out more:

[healthyhubconnect@each.com.au](mailto:healthyhubconnect@each.com.au)

**HEALTHY  
NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

Healthy Hub Connect is funded by Healthy North Coast through the North Coast PHN Program



Healthy Hub Connect acknowledges Aboriginal and Torres Strait Islander Peoples as the Custodians and Traditional Owners of the land, sea, and waters on which Healthy Hub Connect operates. Healthy Hub Connect is committed to work in partnership with Aboriginal and Torres Strait Islander communities to improve social, health and wellbeing outcomes.



## Mental Health Support Services

For individuals, families and carers living on the North Coast



## Healthy Hub Connect

We are a group of local, established, not-for-profit service providers.


By working together, we are transforming the way mental health services are delivered.



THE BUTTERY



Healthy Hub Connect is a person-centred, no-wrong door, hub & spoke model of care. We offer free and low-cost mental health services so children, young people and adults, can receive **the right care, in the right place, at the right time.**



## What we offer

### Low Intensity Mental Health Interventions:

Wellbeing coaches offer six, one-hour coaching sessions, for people needing extra strategies to feel well. Support includes psychoeducation, cognitive-behavioural therapy, relaxation strategies and skills training.

### Healthy Minds:

Short-term evidence-informed psychological therapies (aligned to therapist qualifications) for children and adults who need support with their mental health and wellbeing.

### Counselling Support Services:

Our PACFA registered counsellors offer support to people aged 16-plus, living in the Northern Rivers area. Evidence-based interventions promote collaborative decision making and goal setting and include psychoeducation, cognitive-behavioural therapy, relaxation strategies, skills training, interpersonal therapy, and narrative therapy.

### Men's Wellbeing Matters:

This suicide prevention program supports men aged 35-65 years on the North Coast. Men's Wellbeing Matters promotes the importance of connection to others and the availability of support services in their community. The program focuses on coping strategies so participants can explore new ways of dealing with future mental health challenges.

### Youth Enhanced Support (YES):

This service supports young people (12-18 years) who need more help than their local school, or Headspace can offer. Participants needs might be complicated or enduring, making simple things feel challenging.

### Mental Health Nursing Services:

This service is for people who are experiencing complex mental illness and who are also being supported, by community-based GPs and psychiatrists.