

MEDIA RELEASE

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Help is at hand over the festive season

While Christmas is a joyful time for many, for some it can be the most difficult time of the year.

Family situations, economic pressures and personal difficulties can all be exacerbated during the festive season. That's why Darling Downs Hospital and Health Service's Manager Rural Mental Health Services Tracey Morgan is encouraging anyone who is finding things a little bit difficult to seek appropriate help.

"People deal with life issues differently and the available supports that a person can access will make a huge difference in achieving a positive outcome," Ms Morgan said.

"There are a range of services available even over the Christmas and New Year period for those who need help.

"People and communities need to speak up and ask gentle questions of someone if they think they are experiencing difficulties.

"If you or someone you care for is experiencing mental health problems or just having difficulty coping, there are a number of things you can do.

"You can contact your local GP, call or visit your local mental health service or emergency department, or if it's an emergency phone 000."

The Darling Downs Hospital and Health Service has recently implemented a single phone number for contacting its mental health services.

"Consumers, families, carers, significant others, support networks and professionals who want to enquire or make a new referral in relation to the public mental health services of the DDHHS can now call 1300 MH CALL (1300 642 255)," Ms Morgan said.

"Our trained clinical staff will assess the caller's clinical needs and define the urgency of the required service, then refer them appropriately."

Other options include Lifeline (13 11 14), Kids Help Line (1800 551 800) or 13 HEALTH (13 43 25 84) for the cost of a local call.

Further information is also available on the Queensland Government Mental Health website http://www.health.qld.gov.au/mentalhealth/abt_mental/abt.asp

Ends

MEDIA: Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or DDHHS_media@health.qld.gov.au