

Get help with:

- *Mild to moderate mental health issues
- *Depression
- *Anxiety & panic attacks
- *Anger
- *Stress
- *Child & Adolescent MH issues
- *Relationship issues
- *Low Self-esteem
- *Unresolved trauma
- *Just need to talk

Inverell Armajun Aboriginal Health Service

Social and Emotional Wellbeing / Mental Health Service.

Contact Armajun SEWB/MH Service on 67219777 to make a booking.
For Aboriginal people and their families.

Armajun Aboriginal



Health Service

Inverell SEWB/MH Service

Social and Emotional Wellbeing /
Mental Health Service



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Service Aims:

Armajun Social and Emotional Wellbeing (SEWB) and Mental Health Service strives to encourage a positive state of mental health and wellbeing associated with a strong and sustaining cultural identity, connection to community and family life.

Providing mental health assessment, therapy, advocacy and support for Indigenous individuals and their family.

Also providing Aboriginal SEWB/MH support, promotion and prevention to local agencies to develop networks and partnerships to enhance cultural competency and safety.

Who can refer?

Referrals are welcome from GPs, community agencies, health workers, Department of Education, family and self-referral.

Only criteria is identified aboriginality of client or family members.

Just need to talk in a
confidential and safe
space

Reach out
we are here
to help

*LOOK AFTER YOUR
MENTAL HEALTH*

What is available?

- Mental Health Assessment
- Individual counselling and support for adults and adolescents (Narrative, CBT, EMDR, Solution Focus, Strengths Based therapies)
- Family counselling and support for children and families (Play Therapy & family Therapy)
- Co-ordination and liaison with Psychiatric Services to support this experience
- Welfare and Advocacy support with other agencies
- Group work regarding SEWB / MH issues
- Providing SEWB/MH education, promotion and prevention initiatives
- Working in partnerships with Schools, Health and Community Agencies

Where is Service?

Service based at Inverell Armajun Aboriginal Health Service with fortnightly outreach clinics at Tingha Armajun Clinic and Ashford Community Health Centre.