

List of organisations / websites / helplines

- Blue Knot Foundation: www.blueknot.org.au – helpline: 1300 657 380
- Headspace – Cowra 6342 6186 www.headspace.org.au
- Mental Health Information and Support Service
1800 011 511
- Lifeline 13 11 14
- Rape Crisis Centre: 1800 424 017
- Other organisations
 - **DV Connect:** QLD service; includes women’s helpline 1800 811 811; men’s helpline 1800 600 636, and RSPCA service which can be used to look after pets whilst in a refuge or safe house. (Pets are often misused to maintain abuse or delay departure from abusive relationships).
www.dvconnect.org
 - **Operation Courage**
<http://www.orange.nsw.gov.au/site/index.cfm?display=147064>
Operation Courage is a community partnership initiative of the Orange Crisis Accommodation Network. It is an innovative crisis accommodation model, designed in consultation with domestic violence network members, health and community service providers, local government and government departments to meet the needs, preferences and safety concerns of women and their children experiencing domestic violence in Orange, NSW.
Please contact the Co-ordinator between 10am and 4pm Monday to Friday.
Phone 02 6361 1056; Fax 02 6369 1575; Email: opcourage@ctha.com.au
Web site: http://www.ctha.com.au/projects_operationcourage.html

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- www.siawso.org: Their method to heal is based on AA (Alcoholic Anonymous).
 - **Think you know**: AFP/Microsoft workshops and information on cyber safety and security – Emphasis on parents to maintain good communication with their children so that cyber abuse, bullying, and worst case scenarios of abduction and sexual abuse do not occur. Check: www.thinkuknow.org.au.
 - **MHPN: Mental Health Professional Network**
<http://www.mhpn.org.au/> - Building networks of mental health professionals across Australia
 Also running webinars (seminars over the web) – for anyone to attend. Register online.
 Access previous seminars online: <http://www.mhpn.org.au/Webinars/WebinarRecordings.aspx>
- Complex Trauma series:
- Part One:** GP presentation: Recognising and Responding to Complex Trauma
[\[http://www.mhpn.org.au/WebinarRecording/50/Recognising-and-Responding-to-Complex-Trauma#.U7yrqkCmX1E\]](http://www.mhpn.org.au/WebinarRecording/50/Recognising-and-Responding-to-Complex-Trauma#.U7yrqkCmX1E)
- Part Two:** Psychologist presentation: Recognising, Screening and Assessing Complex Trauma
[\[http://www.mhpn.org.au/WebinarRecording/55/Recognising,-Screening-and-Assessing-Complex-Trauma#.U7yrwkCmX1E\]](http://www.mhpn.org.au/WebinarRecording/55/Recognising,-Screening-and-Assessing-Complex-Trauma#.U7yrwkCmX1E)
- Part Three:** Working Therapeutically with Complex Trauma
[\[http://www.mhpn.org.au/WebinarRecording/56/Working-Therapeutically-with-Complex-Trauma#.U7yr00CmX1E\]](http://www.mhpn.org.au/WebinarRecording/56/Working-Therapeutically-with-Complex-Trauma#.U7yr00CmX1E)
- **Hearing voices network:** www.hvnsw.org.au to access books and hints such as making sense of the voice, setting limits, talking about the voice(s), reducing the distress caused by the voice(s).
 - **Living well:** www.livingwell.org.au: QLD service to men
 - **Service Assisting Male Survivors Of Sexual Assault:** www.samssa.org.au: ACT (Australian Capital Territory)

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- **Child Abuse Prevention Service (CAPS)**
<http://www.childabuseprevention.com.au> and their resources: /resources.html
- **SANE** www.sane.org.au and their *Suicide Prevention and Recovery Guide*
- **Protective Behaviours**
<http://www.protective-behaviours.org.au/why-use-protective-behaviours>
Protective Behaviours is an organisation focusing on educating for prevention of child abuse
- **Sisters of Charity** www.sistersofcharityoutreach.com.au
Free Transport for Country People seeking Medical Assistance in Sydney
Country Care Link (CCL) is a program of the Sisters of Charity Outreach.
FREECALL 1800 806 160; (02) 8382 6434; Office hours: Monday – Friday 9.30am – 3.00pm
- **Medicare Local** – **List of Mental Health providers**
Western Medicare Local – as at August 2014
<http://www.wml.org.au/ResourcesandLinks/ATAPS-MHSRRA-MH-Providers>
- **Cowra Interagency network** - www.cowrainteragency.org.au
List of agencies or services serving the Cowra community. If you have a particular need, search the Cowra Interagency online directory and you may just find the service you need or at least a starting point.
- **Way Ahead** – www.wayahead.org.au
Directory of mental health services in New South Wales

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