

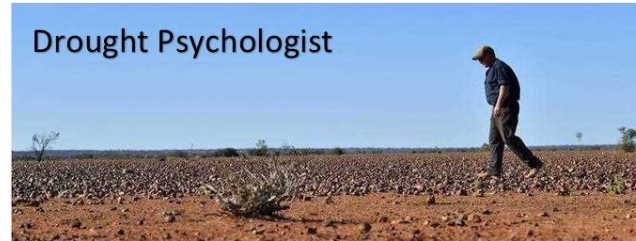
Who can make referrals?

- Drought support peer workers, financial counsellors, rural resilience officers, GP etc. seeking psychological support for clients.
- Self-referrals are also invited, as are referrals from family or friends (with client consent).

Who can be referred to the Drought Psychologist?

Families or individuals who:

- are residing in Rural HNELHD area that has been impacted by drought
- are experiencing significant drought-related emotional / psychological distress
- have been unable to access other appropriate services
- have provided consent for the referral
- are not in major crisis or immediate risk of harm to self or others (*in which case please contact Mental Health Line on 1800 011 511 or for emergency dial 000*)



How do I access the Drought Psychologist?

If you would like to make a referral, or discuss any aspect of the Drought Psychologist position, please phone or email:

Julian Rote
Drought Psychologist
(Senior Clinical Psychologist)
Armidale Community Health
Cnr Rusden St. and Butler St., Armidale 2350

Phone: (02) 6776 9905
Mobile: 0407 215 750
Email:
HNELHD-DroughtPsychologist@health.nsw.gov.au



Health
Hunter New England
Local Health District



Drought Psychologist

Hunter New England
Local Health District
(HNELHD)

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DROUGHT PSYCHOLOGIST

is a new service that has been established in 2020 in Hunter New England Local Health District (HNELHD), in response to the devastating drought that commenced 2017.

The Drought Psychologist offers support to individuals, families and communities in Rural Hunter New England experiencing significant drought-related psychological distress.



Droughts vary in intensity and frequency, and recovery between droughts can take years. Questions about climate change now add further stress and uncertainty.

Our region has been hit hard by the current drought. Effects include financial hardship, business closures, loss of social networks, physical and mental health problems, family stress, and suicide.



A range of drought support services are offered by various government departments and organisations. However only some of these services offer counselling and psychological support.

The Drought Psychologist service aims to improve access to counselling and psychological services wherever this may be helpful.

What is offered by the Drought Psychologist?

- Counselling/psychological support for people experiencing drought-related distress.
- Appointments in person (at Health facility or farm/ residence/ workplace) or by phone, Skype or telelink as appropriate.
- Linking in and collaborating with other services as required.

Over time, and in collaboration with other services, the Drought Psychologist will also offer:

- Consultation with communities
- Education and training
- Mentoring and consultation for colleagues working in drought support
- Information gathering and research

(Please contact if you are interested in any of the above)

