

# Intereach NewAccess Program

Riverina/Murrumbidgee region

## Information Sheet for community members

### What is NewAccess?

NewAccess is an early intervention program developed by beyondblue to provide free, easily accessible and quality support for people with mild to moderate depression and anxiety. The program assists people who are not currently accessing mental health services.

### How can the program help?

The program includes up to six sessions with a NewAccess coach. During the first appointment the coach will complete an initial assessment and develop a Low Intensity Cognitive Behavioural Therapy program. There are five subsequent coaching sessions, which can be a mixture of face to face and telephone sessions. Coaches are located throughout the Riverina/Murrumbidgee region.

### Who would this support help?

NewAccess can assist anyone 16 years and over with a variety of challenges related to mental health such as people experiencing:

Work stress/uncertainty

New parent worries

Financial worries

Unemployment

Family problems

Isolation or loneliness

Change in living arrangements

Health concerns/uncertainty

### Is there a cost, and is it confidential?

NewAccess is free. It is totally confidential. We understand how important this is when you live in a regional community.

### Where does the program operate?

Local Government Areas of Hay, Murray River, Edward River, Berrigan, Lockhart, Federation, Greater Hume Shire, Wagga Wagga, Snowy Valleys, Hilltops, Cootamundra-Gundagai, Junee, Coolamon, Temora, Bland, Lachlan, Carrathool, Griffith, Leeton, Narrandera and Murrumbidgee.

### Where can I read more about NewAccess?

<https://www.beyondblue.org.au/get-support/newaccess>

### Where do I start?

You can access this support by:

**PHONE:** 02 6923 3195, or

**WEB:** Visit: [www.intereach.com.au](http://www.intereach.com.au) . Click on the 'NewAccess' tile, and complete the web form.

These enquiries are processed by the Murrumbidgee Primary Health Network. They will be assessed and referred to an Intereach NewAccess Coach that best suits your situation.

Intereach gratefully acknowledges the financial and other support from Murrumbidgee PHN. The Primary Health Networks Programme is an Australian Government Initiative.

### Please Note:

NewAccess is not a crisis service, if you have immediate concerns for your own or someone else's safety please contact; Lifeline Ph: 13 11 14, Kids Helpline Ph: 1800 55 1800, emergency services Ph: 000, or NSW Mental Health line Ph: 1800011511, Suicide Call Back Service 1300 659 467