

Health/Counselling Services

Health and Counselling Services For Monaro Region

Mental Health Triage Line 1800 677 114

The Southern Area Mental Health Service Intake Service is a single point of entry telephone assessment facility for those callers wishing to make contact with the Mental Health Service. The service staff are trained mental health clinicians. It is located in one of the major centres within the Southern Area of New South Wales. It provides a 24 hr 7 days per week, all year round service and can be accessed by dialling 1800 677 114.

If you get the answering service, please leave a message (it is a busy service) and someone will get back to you as soon as they can.

In an emergency call 000.

Child and Adolescent Mental Health Services (CAMHS)

CAMHS provides teams of specialist workers who care for children and adolescents (aged 0-17) with complex or severe mental health problems or disorders.

To make a referral to CAMHS ring the Mental Health triage number above.

Community Health Centres

General Counsellors, social workers, support, education and information on all aspects of health for individuals and families.

Cooma	02 6455 3201
Bombala	02 6455 3201
Delegate MPS	02 6458 8008
Jindabyne	02 6457 2074

There are also outreach services in Berridale, Nimmitabel, Adaminaby, Dalgety. Contact Cooma CHC for details.

Emergency Departments

Cooma Hospital	02 6455 3222
Bombala Hospital	02 6458 3166
Delegate MPS	02 6458 8008

GP Practices

Cooma	Sharp St Medical Practice	02 6452 5333
Cooma	Bombala Street Surgery	02 6452 5888
Bombala	Bombala Medical Practice	02 6458 3022
Delegate	Dr G. Jennison	02 6458 8112
Jindabyne	Nuggets Crossing Family Practice	02 6457 1221
Berridale	Berridale Surgery	02 6456 3250
Thredbo	Medical Centre Thredbo Village	02 6457 6254

Monaro Health Council

Health Councils are made up of local community members who volunteer their time to improve health service delivery for the Monaro area.

If you wish to contact your local Health Council you should speak to Kathy Ollershaw, the SAHS Community Liaison Officer on 6124 9864.