



UNGOOROO
ABORIGINAL CORPORATION

Kawuma-Miruma

'to gather together and take care of'

Kawuma-Miruma is Ungooroo's suicide prevention and mental wellness program to support the Aboriginal and Torres Strait Islander communities in Singleton and Muswellbrook.

The mental health and wellbeing of our mob is important. By building our resilience, acknowledging the past and providing community interventions, together we can heal from pain, suffering and trauma.

People can access support through:

- Yarning groups to share and exchange information with others in the community and those impacted by mental health
- Support to self-assess your stress risk factors to ensure that referral to acute care is timely when required
- Group discussion and workshops to better identify and understand your mental health and supports available
- Increased access to information and resources
- Support sessions to build resilience and networks
- Supported access to supplementary services to improve holistic health and wellbeing

This program is staffed by Aboriginal Mental Health workers and supported by our team of GPs and psychologists as well as working closely with acute mental health care providers.

Find out how our Mental Health Team can support you by calling 6571 5111

If you or someone you are with is in immediate danger, please call 000 or go to your nearest hospital emergency department

www.ungooroo.com.au



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If you need support after hours, please call one of the following crisis lines:

National Indigenous Critical Response Service (NICRS)

National Indigenous Critical Response Service (NICRS) is a Thirili Ltd program providing emotional and practical support to individuals, families and communities impacted by a suicide or other traumatic loss.

Ph: 1800 805 801

24 hour service

Lifeline

24-hour crisis support telephone service. Lifeline provides crisis support and suicide prevention services.

Ph: 131 114

24 hour service

Beyond Blue

Talk to a trained mental health professional any time of the day or night. Calls are confidential.

Ph: 1300 22 46 36

24 hour service

NSW Mental Health Line

Mental health professionals will provide help and advice and referrals to local mental health services.

Ph: 1800 011 511

24 hour service

Suicide Call Back Service

Providing free phone, video and online professional support to people affected by suicide.

Ph: 1300 659 467

24 hour service

Kids Helpline

Telephone counselling support for children and young people aged 5-25.

Ph: 1800 551 800

24 hour service



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Scan to view
Ungooroo
website



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