

MENTAL HEALTH SERVICES

Mental Health is a state of coping, feeling good and being in control of life. If you start to feel frayed around the edges, emotionally flat or uninterested in the world around you, you may like to contact the Mental Health Worker. Mental Health services work closely with regional adult mental health services and counselling services to assist people with diagnosed mental health problems, social issues and general coping problems. Kate Wheeler is our full time Mental Health Nurse and Deb McNamara works alongside her one day a week.

Please phone (02) 60763200 for more information