



Reach Out And Relax - ROAR

How does it work?

ROAR provides early intervention to achieve the following outcomes:

- Children and young people have improved emotional health and wellbeing;
- Children and young people can better manage the different aspects of their lives;
- Families and carers are helped to support their children and young people; and
- Communities have a better understanding of, and response to, mental health issues that affect children and young people.

Is there a cost?

ROAR is completely free and confidential.

Where is it available?

ROAR is available in the Balranald, Berrigan, Carrathool, Coolamon, Edward River, Federation, Griffith, Gundagai, Hay, Junee, Leeton, Lockhart, Murray River, Murrumbidgee, Narrandera, Temora, Wagga Wagga and Wentworth local government areas.

If you live outside of these areas, phone us and we can find the right supports for you.

Contact Us

P: 1300 488 226 | E: roar@intereach.com.au
W: www.intereach.com.au



Need assistance to talk to us?

If you are deaf, or have a hearing impairment or speech impairment, contact us through the National Relay Service:

TTY users

Phone 133 677 then ask for 1300 488 226

Voice Relay

Phone 1300 555 727 then ask for 1300 488 226

SMS relay users

SMS 0423 677 767

Need an interpreter?

Phone 131 450 then ask for 1300 488 226

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General information

Early Warning Signs:

Most families can tell when something is out of the ordinary, but there are also signs that suggest a child or young person may be experiencing a mental health problem.

These include:

- not enjoying or wanting to be involved in things they normally enjoy
- concentration difficulties
- changes in appetite or sleeping patterns
- being angry for no reason or easily irritated
- difficulty coping at school
- seeming stressed, down, worried or crying for no reason
- expressing negative thoughts
- engaging in risky behaviours, or
- relationship difficulties.

Suggestions to help young people stay healthy & build positive mental health.

Encourage them to:

- be nice to themselves
- make a list of things they like doing, and do them more often,
- get involved with family and friends or do something nice for someone else,
- be conscious of things that make you feel strong and good
- try to work on what they can control, •be active, eat well & sleep well,
- find at least one thing that makes them laugh every day,
- ask for help & get support if needed- it's ok to say 'I'm not ok'

ROAR is not a crisis service. If you have immediate concerns for your own or someone else's safety please contact

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

NSW Mental Health line: 1800 011 511

Emergency services: 000



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