



ROAR

#reachoutandrelax

Intereach Family Mental Health Support Service

PROGRAM INFORMATION SHEET

What is the program about?

ROAR aims to improve the emotional health and wellbeing of children and young people. It provides early intervention support to people up to the age of 18, and their families, who may be showing early signs of, or are at risk of developing a mental health issue.

How can the program help?

We offer a range of support such as:

- short-term assistance for families, children & young people,
- long-term, early intervention case management support, and
- community outreach, mental health education & community development activities.

How does the program work?

We work with people in their home, the community, or any place they feel safe. It is a free and confidential service. A formal diagnosis of mental illness is not required.

We accept referrals from anyone, including self-referrals. We conduct a brief screening to ensure that ROAR is the appropriate service for them.

We operate from 9am to 5pm, Monday to Friday.

Where does the program operate?

We work with people in the local government areas of Balranald, Wentworth, Berrigan, Hay, Conargo, Deniliquin, Wakool, Corowa, Murray, Jerilderie, Urana, Murrumbidgee, Narrandera, Wagga Wagga, Lockhart, Leeton, Temora, Griffith, Carrathool, Coolamon, Cootamundra, Gundagai and Junee.

If you live outside of this area, phone us and we can refer you.

Where do I start?

Phone us, and ask for the ROAR program, or email us.

Contact Us:

Phone: 1300 488 226

Email: roar@intereach.com.au

www.intereach.com.au

*This service is funded by the Australian Government
Department of Social Services*





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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 Ph: 13 11 14

Kids Helpline Ph: 1800 55 1800

NSW Mental Health line Ph: 1800 011 511

Emergency services Ph: 000

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