



# ABORIGINAL HEALTH & WELLBEING

*Improving health outcomes for Aboriginal and Torres Strait Islander people, by helping you learn the skills to manage your own health and wellness journey*

## ABORIGINAL OUTREACH

Our Aboriginal Outreach team can link you with service providers, so you feel more connected to your community and services.

We can connect you with clinical and non-clinical services, including:

- assisting with referrals to culturally appropriate health care providers
- providing support when attending health appointments.

## CARE COORDINATION AND SUPPLEMENTARY SERVICES (CCSS)

Our Care Coordinators are here to ease the stress and confusion that can come along with having a long term illness including diabetes, cancer, eye health, cardiovascular disease and mental health conditions. We are committed to helping you to identify your health needs so that you can manage your health and wellness. We can help you by organising appointments, transport, health aids and identify opportunities to support your health needs.

## YUDHILIDIN

If you identify as someone who has severe mental illness impacting your daily life, your Yudhilidin Care Coordinator will assist you with accessing support from a GP and other health and mainstream services, to work with you to improve your health, social and emotional wellbeing.

## PSYCHOLOGY SERVICES: YARN

If you identify as Aboriginal and Torres Strait Islander and are concerned about your social and emotional wellbeing, have a yarn with our Psychology Services team, in a culturally safe environment, about how to cope with everyday life and stressful events.

## THE WAY BACK SUPPORT SERVICE

If you have had a recent suicide attempt, an Aboriginal Support Coordinator is available to provide care and support to help you stay safe and connect with services to improve your wellbeing.

*For information regarding any of our Aboriginal Health and Wellbeing services, speak with our team today.*

 (02) 4925 2259

 [hunterprimarycare.com.au](http://hunterprimarycare.com.au)

