



# Lives Lived Well Well Notes



Hello!

This quarter we are pleased to let you know about developments at Lives Lived Well on the fronts of mental health, training and Closing the Gap, as well as in alcohol and drug support.

**In mental health**, our Longreach team has added a qualified NewAccess coach who is trained to help people struggling with life and work pressures. We are pleased to now be offering NewAccess, a free mental health program, developed by Beyond Blue and funded by PHN, to western Queensland communities.

**In alcohol and drug counselling and support**, we have opened a new and larger space in the main street of Beaudesert, allowing us the room to run group programs.

While further south, in Orange, NSW, our **alcohol and drug withdrawal and residential rehabilitation services** have moved in together, co-locating on the Bloomfield Campus. They have taken on the new name of “Wyla”.

Also in NSW, we celebrated the signing of a commitment to partnership with the Bila Muuji Aboriginal Corporation Health Service to work together to **address health inequality** in Aboriginal communities in western and far western NSW.

**In training**, we provide a unique insight into what our Manager (Clinical Services) Gambling, Gerard Moloney, is seeing as he travels around Queensland delivering Screening for Problem Gambling workshops. **Did you know people are more likely to seek support for an alcohol and drug problem than for a problem with gambling?**

As always, we enjoy sharing our news with you and thank you for your support, as we continue to serve communities to live their lives well.



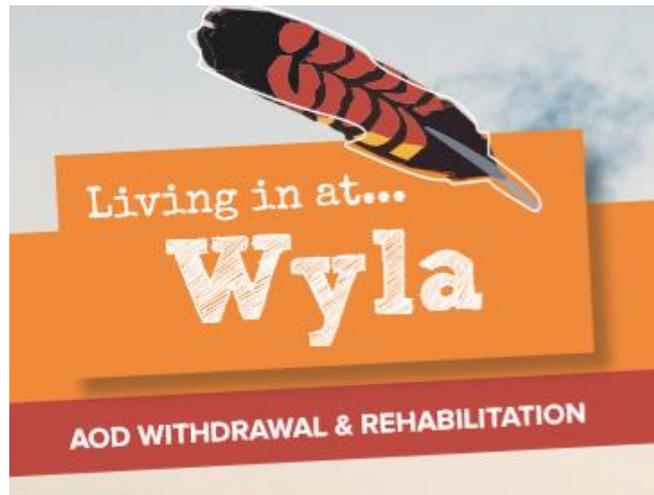
## Free mental health support now in Longreach

After introducing NewAccess, the free mental health program developed by Beyond Blue to the Darling Downs and West Moreton regions last year, we're now offering the program to people in Longreach and surrounds.



## Beaudesert move provides more space to do more

Our Beaudesert service moved into its own dedicated space at the start of the year, allowing for greater accessibility and the effective running of free group programs as well as free individual alcohol and drug counselling. The space was opened with Government and PHN support.



### Withdrawal and residential services co-locate in Orange, NSW

A recent move has placed two of our services under one roof, allowing for greater collaboration and bringing about a name change to "Wyla".



### New partnership to address health inequality in western NSW

We've partnered with the Bila Muuji Aboriginal Corporation Health Service to forge better health and well-being for Aboriginal and Torres Strait Islander peoples, families and communities in western and far western NSW.



## Problem gambling – up to one in three AOD clients affected

Lives Lived Well received funding from the Queensland Government to deliver workshops across the state, to support clinicians to better detect and help clients with risky gambling behaviours. The program began as a pilot in 2016 and has already seen more than 700 practitioners participate in workshops in person or online.



**Lives Lived Well** is a not-for-profit drug and alcohol service provider dedicated to helping those in need.

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