

Durri and Darrimba Maara have a suicide prevention and education program

Durri ACMS employs a male and female Aboriginal Health Worker to provide a suicide prevention and education awareness program to Aboriginal youth aged 12-24 years who reside within the Macleay and Nambucca Valleys.

The program not only provides education and awareness to Aboriginal youth who have/are thinking of self-harm and/or suicidal ideation but is a referral pathway to government and non-government organisations, with the intent to assist in organisations working collaboratively for the betterment of our Aboriginal youth and communities.

Who you should contact

This program is a self-referral program for clients of Durri ACMS and Darimba Maara Health Outpost. However, it is encouraged that if you, a friend or a family member are having thoughts of self-harm and/or suicidal ideation, to seek attention from a medical provider as soon as possible.



Durri ACMS

15-19 York Lane Kempsey
NSW 2440

(02) 6560 2300

durri.org.au



Darrimba Naara Health Outpost

13-42 Bowra St
Nambucca Heads NSW 2448

(02) 6598 6800

Wellbeing Program



**Even if only
one person
is hurting.
The whole
community
hurts.**

Towards Zero Suicides

[health.nsw.gov.au/
towardszerosuicides](http://health.nsw.gov.au/towardszerosuicides)

Towards Zero Suicides is a government investment over four years to address priorities in the Strategic Framework for Suicide Prevention.

Towards Zero Suicides seeks to support, build on local community resilience and improve systems and practices to reduce the suicide rate in NSW.

The initiatives being rolled out in local communities provide a holistic approach to suicide prevention. It aims to be responsive to the needs of each community in NSW.

Durri ACMS and Darrimba Maarra Health Outpost are committed to developing and implementing a cultural response and holistic approach to supporting patients and families towards zero suicide.

Helplines

Kids Helpline
13 11 14

Lifeline
13 11 14

Mental Health Line
1800 011 511

Suicide Call Back Service
1300 659 467

Beyond Blue
1300 22 46 36

13 Yarn
13 92 76

Emergency Contact Numbers

NSW Ambulance
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Kempsey District Hospital
02 6561 2600

Macksville District Hospital
02 6598 3300