



Health & Wellbeing



Michael Cusack's Sydney GAC

Need to see a doctor?

- Every person with an Irish or British passport is entitled to free emergency care regardless of your visa status in Australia, (this also extends to mental health. Anyone can present to A&E when mentally unwell and receive care).
- Just bring your passport along to Emergency and all care from there on is covered.
- If you are a citizen or permanent resident in Australia you are entitled to Medicare
- If you are from Northern Ireland (and have a British or Irish Passport) you can apply for Medicare under the Commonwealth rule
- If you have chronic conditions such as asthma or diabetes it is a good idea to register with GP in your area so you can be linked to specialist doctors.

Healthy Minds...
Healthy Bodies...
HEALTHY CLUBS

Irish Support Agency

02 9300 8019 (24hrs), 1800 186 966



Based in Bondi, their vast provision of services include;

- Individual and family assistance during serious illness or injury
- Health and Mental Health services
- Funeral and/or repatriation arrangements
- Visits to people in their homes, in hospital, nursing homes or prisons
- Information and support with housing and accommodation problems
- Employment support & resume building
- Legal referrals and support
- Helping make contacts and to settle in Sydney



Irish Consulate

The Irish consulate is a team based in Sydney to promote Irish interests in NSW

Their role;

- to promote Irish economic and business interests in Sydney
- maintain close relationships between Ireland and Australia
- work with Irish communities in Australia especially emigrant support programmes
- provide information and support concerning obtaining new or emergency passports
- provide information on other matters such as getting married abroad

Healthy Minds...
Healthy Bodies...
HEALTHY CLUBS



Support Services

Drug and Alcohol

Langton Centre

This is an outpatient clinic of Sydney hospital. It runs a number of programme's to provide help and support to those dependent on alcohol or drugs. It is operated by specialist staff highly skilled and trained in dealing with these issues. Programmes are adopted to suit each individual. You can simply call up and make an appointment.

Langton centre
591 South Dowling Street
Surrey Hills
02 9332 8777





Support Services

Gambling and Financial Issues

St Vincent's Gambling treatment programme

390 Victoria Street ,

Darlinghurst

02 8382 9601

Inner city Gambling Help

Bronte Road

Bondi Junction

02 9332 3506

Both facilities are again operated by very experienced staff. They provide programmes that help people work through their issues. Just call up and make an appointment

Gambling Helpline **1800 858 858**





Cabhrú



Free Counselling for Irish Abroad



Helplink Support Services (helplink.ie) are an Irish non profit organisation providing mental health services online and by phone nationwide and now internationally!

This support service now runs a **free online counselling service for the Irish abroad** which is called Cabhrú.

<http://www.helplink.ie/cabhru/>

Supported by:  An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade and the 



HEALTHY MINDS... HEALTHY BODIES... HEALTHY CLUBS...



#MCHealthandWellbeing

www.michaelcusacks.com

HELP AND SUPPORT IS JUST A PHONE CALL AWAY...

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Australian Emergency
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Mental Health Support
Lifeline 13 11 14
Beyond Blue 1300 22 4636

Drug & Alcohol Support
Langton Centre 02 9332 8777

Mates in Construction
1300 642 111

Gambling & Financial Support

St. Vincent's Gambling
Treatment Programme
02 8382 9601

Inner City Gambling Help
02 9332 35 06

Irish Support Agency
Sydney NSW
02 9300 8019



cross  care migrant project

Cross Care Migrant Project

Crosscare Migrant Project are a Dublin-based organisation that assist Irish people emigrating from or returning to Ireland from abroad.

For **emigrants** they provide general information on things like:

- settling in to life abroad
- homesickness and minding yourself
- staying connected to Ireland

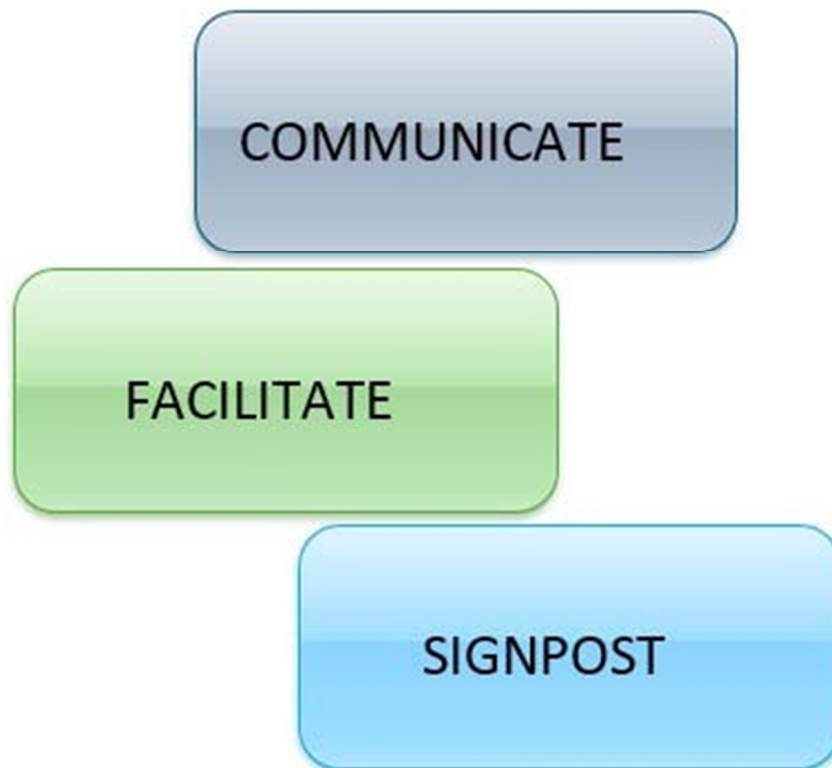
For **returning emigrants** they provide information and advocacy support around:

- planning a return to Ireland (e.g. information on things like driving in Ireland, looking for work, returning with children etc.)
- your entitlements in Ireland (e.g. social welfare, housing, healthcare etc.)
- Irish visas for non-Irish partners and spouses

Check out www.migrantproject.ie www.mindhowyoudo.ie for more information



The role of the Welfare Committee is to assist the club in **supporting the health and wellbeing** of all club members and, where possible, the local community.



**YOU DON'T HAVE
TO BE AN EXPERT**

Guidance is available through GAA community website and links which target 5 main areas



**Healthy Minds...
Healthy Bodies...
HEALTHY CLUBS**



Sorcha O'Hare

Works with Mission Australia
Mental Health Trained

Karen Mc Mullan

Mental Health Trained
Ladies football and camogie dual

Who are we?

Health and Wellbeing sub committee

Timmy Fleming

Hurler

Grainne Mc Glade

Mental Health Trained
Physiotherapist
Ladies football

Ciara Breen

Mental Health Trained
Ladies football and camogie dual



WE ARE HERE TO LISTEN

SOMEONE TO TALK TO

Healthy Minds...
Healthy Bodies...

HEALTHY CLUBS