

If you would like assistance with this or any other issues, why not contact CRC?

What we do

CRC (Community Restorative Centre) is a NSW community organisation dedicated to the support of prisoners, ex-prisoners and their families.

Our services include:

- The CRC Bus to rural gaols
- Counselling
- Jailbreak Health project including the Jailbreak Radio Show
- Court support
- Assistance with finding accommodation
- Transitional support for people leaving prison
- Support, advice, information and referrals

Our contact details are on the back of this leaflet.

CRC

The Community Restorative Centre (CRC) is a community organisation dedicated to supporting people affected by the criminal justice system, particularly prisoners, ex-prisoners and their families and friends. We offer personal and practical assistance such as counselling, accommodation, subsidised transport for prison visits, court support and information and support.

WE ARE LOCATED AT:

**174 BROADWAY
CORNER OF SHEPHERD ST
BROADWAY 2007
PHONE 02-9288 8700
FAX 02-9211 6518**

www.crcnsw.org.au



changing lives
reducing crime

What to do in a...

MENTAL HEALTH EMERGENCY



'I'm scared that he's going to hurt himself! What can I do?'

It can be very distressing if you think someone in gaol is going to self harm, or think they might try to commit suicide.



What you can do:

Ring the gaol immediately and speak to a staff member about the situation. If you're not sure of the phone number, or have trouble getting through, ring CRC:
(02) 9288 8700

Who do you speak to at the prison?

Ask to speak to one of the following people:

- Psychologist
- Nurse
- Welfare Officer or Services and Programs Officer
- Programs Manager
- Deputy Governor (General Manager)
- Governor (General Manager)
- Chaplain

If you can't get through to any of these people, ask the reception desk at the gaol to put you through to the most appropriate and senior person.

When you get in contact with a staff member at the gaol, give them the inmate's full name and MIN or date of birth and explain your concerns to them.

The staff member should then act immediately and arrange for someone to see the inmate.

If you have concerns about the treatment they are getting, ring CRC: (02) 9288 8700



You can also ring Justice Health on their 24hr Mental Health Helpline number:

1800 222 472

Remember, you can ring these numbers for a range of issues - not just in an emergency.