

Lifeline Central West is seeking new board members.

This is a unique opportunity to join the board of a rapidly growing not-for-profit, where you'll play a key role in shaping the future of our organization. As we grow to meet the needs of our communities, your insights and leadership will help us make a lasting impact on individuals and families in crisis.

We are actively seeking candidates from a variety of backgrounds to fill multiple board positions and encourage individuals from all walks of life to apply. We value diverse experiences and perspectives and are particularly interested in candidates with expertise in areas such as legal, clinical healthcare, and other relevant fields.

One of our key priorities is finding a candidate with clinical experience to help strengthen the board's understanding of the challenges faced by individuals in crisis and to better support our service delivery models. A background in mental health services, social work, psychology, or related fields will provide critical insights to enhance our support for regional communities. Experience in crisis management or patient care is especially desirable. Positions are voluntary unpaid positions for a two-year term.

Our three centres are located in Bathurst, Orange and Dubbo and our services reach from the Blue Mountains to Bourke covering the Central West, Mid- Western, and Far Western regions. Applicants from regional areas are encouraged to apply as many board meetings are able to be held on-line.

Services Delivered

Our core work involves supporting individuals, organisations, businesses, and communities across this region by providing:

- Over 6000 hours per month supporting the National 24/7 Crisis Line 13 11 14
- 13HELP (Bushfire Recovery Line) with both paid and volunteer Crisis Supporters
- 13YARN. This is the first national 24/7 Aboriginal and Torres Strait Islander Crisis line, staffed by Aboriginal Crisis Supporters in Dubbo, Orange, and Bathurst.
- Recruiting, training, and ongoing professional development for Crisis Supporters.
- Free Financial Counselling and Gamble Aware Counselling across our region.
- A suite of nationally accredited Domestic and Family Violence training programs for front line workers and the community.
- Tailored workshops to Government, Corporate, Volunteer organisations, and the community including, but not limited to, Well-being and Resilience, Mental Health First Aid, Suicide Awareness and Prevention, Accidental Counsellor, and Managing Challenging Interactions.
- Employee Assistance Programs (EAP) to support businesses by providing appropriate professional and personal support through Crisis Intervention, Counselling, and Training to employees.
- Rapid Community Response programs to reduce psychological trauma and distress in communities or workplaces.
- Tackling Tough Conversations Program in Schools, which starts the conversation early and supports young people to navigate the challenges of adulthood.
- Aboriginal Accidental Counsellor Programs – Yamayamarra - focuses on assisting Aboriginal and Torres Strait Islanders experiencing challenges, through understanding more about their culture and beliefs.

Our team has a diverse range of backgrounds and experience, and we combine this with our local knowledge to deliver training workshops that are practical, relatable, and high impact. From our frontline experience we have a solid understanding of well-being, grief and loss, burnout, trauma, coping with pressure and stress, mental health, and illness, as well as crisis support and suicide prevention. We have experience delivering across a diverse client base.

Our Vision

Together for Life - connected and resilient communities supporting each other where, how and when it is needed.

We are committed to supporting all Australians in times of crisis and support individuals, communities, and workplaces to be resilient and suicide safe by:

- Ensuring we support each other through times of adversity and change
- Providing agility and flexibility in meeting the needs of the client
- Building resilience in both community and workplace
- Promoting balanced social and emotional wellbeing
- Placing a high value on stakeholder relationships
- Providing crisis support services 24/7
- Delivering Suicide Prevention education
- On the ground personal contact in our regional communities

Application Process

1. Applicants should review the requirements of working on a board by visiting relevant Government or associated websites or by reading appropriate publications.
2. Submit a CV up to 2 pages with a description of your experience and special skills that you would bring to the board.
3. Applicants should be available to meet 4 times each year in person or online and may be required for occasional special meetings. Members should attend at least 75% of meetings.
4. Please submit by email to: info@lifelinecentralwest.org.au by 30 October 2024

For additional information

Contact **Bill Miller, Chair of Lifeline Central West.**

Phone: **0400 914 501**