

**Submission  
No 192**

**INQUIRY INTO HEALTH OUTCOMES AND ACCESS TO  
HEALTH AND HOSPITAL SERVICES IN RURAL,  
REGIONAL AND REMOTE NEW SOUTH WALES**

**Name:** Miss Jaymee Manns

**Date Received:** 3 December 2020

---

I personally have had to travel for health care in particular mental health care.

There is a limited amount of support offered in Cobar especially in a crisis situation.

If you go up to the hospital with thoughts of suicide you are put on a tele health consultation which when you are in that state you need someone face to face.

There are also a limited number of psychologists and the wait lists are enormous which for someone who is in need of weekly visits just to keep themselves alive is horrendous.

I ended up traveling to Sydney to go to an inpatient mental health facility which was close to 8 hrs driving in a car. This is not feasible for a lot of people to do.

I am aware that there are mental health units in Bathurst which is still a 5 hour drive.

My sister travels to Dubbo a 6 hour round trip to see a psychologist every week the Medicare mental health care plan only covers part of the consultation let alone fuel costs to get there and back.

My grandfather broke his hip in the nursing home in Cobar and was flown to Dubbo and treated and was then flown back to Cobar and later died. The cost of the flights to and from Dubbo were exorbitant. Fair enough that that injury couldn't be treated at the Cobar hospital but the cost of traveling for health care is way too much.

Most people in Cobar cannot get the treatment they need in Cobar for anything major. I wouldn't call mental health support a major issue that you should have to travel 600km for. Other things like physios, osteos, optical, pregnancy care (you cannot have a baby in Cobar), any specialists, podiatrists and if you have cancer you need to travel. This puts great strain on families trying to get by.

We live in Australia and we should all have access to the best healthcare. People in the cities do not understand the strain that healthcare in the country is! They can drive 15mins and be at a hospital that you can talk to a mental health professional face to face in a crisis, they can be at a hospital in 30mins and be able to get life saving surgery for a broken hip. We are supposed to be the lucky country, but somehow along the way we have forgotten about people in the country and they need the support just as much as people in the cities.

I truly hope this brings about change and we improve healthcare in the country, because I know Australia is better than this!