

## WACHS - South West Mental Health Services



## RESOURCE DIRECTORY

Support Agencies with a Mental Health  
Focus

*For the Public and Professionals*

March 2010



<b>INDEX:</b>	<b>CATEGORY/AGENCY</b>	<b>PAGE</b>
<b>1. Accommodation / Practical Support</b>		<b>4</b>
1. Aboriginal Challenge Employment Services	11. Bunyap	
2. Agencies for South West Accommodation	12. Capes Accommodation Support and Advocacy	
3. Anglicare	13. Citizens Advice Bureau	
4. Anglicare Emergency Relief Centre	14. Forrest Personnel	
5. Bunbury Centrecare	15. In Town – Shoe String Café	
6. Bunbury Community Legal Centre	16. Jobs South West	
7. Bunbury Housing Association	17. Salvation Army Community Support centre	
8. Bunbury Pathways '92 (Inc.)	18. St Vincent De Paul	
9. Bunbury Supported Accommodation		
<b>2. Aged Care</b>		<b>5</b>
19. Advocare		
20. Aged Care Info Line		
21. Dementia Helpline		
22. Seniors Telephone Information Services		
23. South West Regional Aged Care Services		
<b>3. Alcohol and Drugs</b>		<b>6</b>
24. Alcohol and Drugs Information Service (ADIS)	29. Local Drug Action Groups	
25. Alcoholics Anonymous	30. FACE	
26. Al-Anon	31. Parent Drug Information Service (PDIS)	
27. Counselling Online	32. South West Community Drug Services Team	
28. DirectLine	33. Substance	
<b>4. Counselling Services</b>		<b>7</b>
34. All Families Mediation and Counselling	39. Relationships Australia	
35. ARAFMI	40. South West Counselling	
36. Bunbury Centrecare	41. South West Women's Health and Information Centre ( See also 'Women')	
37. Carers WA		
38. Family Carer Support Program		
<b>5. Crisis and Support Lines</b>		<b>8/9</b>
42. Beyond Blue	50. Lifeline	
43. Carers Counselling Line	51. Living is for Everyone (LIFE) website	
44. Crisis Care Helpline	52. Men's Line Australia	
45. Family Helpline	53. Parenting Line	
46. Family Relationship Advice Line	54. RuralLink	
47. Health Direct	55. Salvo Care line	
48. Homeless Helpline	56. Samaritans	
49. Kids Helpline	57. Suicide Call Back service	
	58. Veteran's Line	
<b>6. Disabilities</b>		<b>9</b>
59. Activ Foundation		
60. Advocacy South West		
61. Disabilities Services Commission		
62. Enable		
63. Intework		
64. Second Step		



<b>INDEX:</b>	<b>CATEGORY/AGENCY</b>	<b>PAGE</b>
<b>7. Domestic Violence / Sexual Assault</b>		<b>10</b>
65. DOVES 66. Kids and Teens Waratah 67. Men's Domestic Violence Helpline 68. Mooditj Healing program	69. Sexual Assault Resource Centre 70. South West Refuge 71. Waratah 72. Women's Domestic Violence helpline	
<b>8. Family Support Services</b>		<b>11/12</b>
73. Bridgetown Family Support Service 74. Bunbury Centrecare 75. Caring for Carers 76. Collie Family Centre 77. Department of Community Development 78. Family Carer Support Program 79. Family Relationships Centre 80. Family Support Program 81. Manjimup & Collie Aboriginal Health 82. Manjimup Family Centre 83. Milligan House 84. Morrissey Homestead	85. Multicultural Services Centre of WA 86. Parent's Plus (REACH) 87. Parkinson's Support group 88. Red Cross Carers Support service 89. Red Cross – Commonwealth Respite and Carelink Centre 90. Silver Chain 91. South West Aboriginal Medical Services 92. South West Rural Respite Services 93. South West Emergency care 94. Telecross Services 95. The Compassionate Friends	
<b>9. General Mental Health Support</b>		<b>13</b>
96. Advocacy Southwest 97. Bunbury Pathways '92 98. Depression & Anxiety Support group 99. 'Even Keel' 100. GP Division 101. GP Down South	102. 'Grow' 103. LAMP Inc 104. Mental Illness fellowship of WA 105. Practical Support Program 106. Richmond Fellowship of WA 107. TenderCare	
<b>10. Men</b>		<b>14</b>
106. MATES 107. Men's Advisory Network 108. Men's Domestic Violence Helpline	109. Men's Family Relationship Services 110. Men's Sheds	
<b>11. Women</b>		<b>14</b>
111. Childbirth, Stress and Depression Service 112. Family Support Program 113. Practical Support Program 114. South West Women's Health and Information Centre 115. Teens and Young Mum's Group 116. Women's Information Service		
<b>12. Youth</b>		<b>15</b>
117. Alateen 118. Bunyap 119. COMIC WA 120. Mission Australia 121. Reconnect	122. Revolution Youth 123. True Colours 124. Youth Focus 125. Youth Outreach Program	
<b>13. South West Community Mental Health Clinics</b>		<b>16</b>



## 1. Accommodation/Practical Support

<b>Aboriginal Challenge Employment Services (ACES)</b>	ACES connects employers to Indigenous staff with the skills and attributes required	177 Spencer Street BUNBURY 6230  <b>9781 4500</b>
<b>Agencies for South West Accommodation</b>	Provides both crisis supported accommodation and counselling services. We service the South West with crisis accommodation tenant advice, parenting skills, youth counselling, drug and alcohol information and men's relationship counselling.	<b>1800 115 799</b> Bunbury: <b>9791 3213</b> Busselton: <b>9752 2855</b> Margaret River: <b>9757 3661</b> Manjimup: <b>9771 8893</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>Anglicare</b>	Anglicare Financial Counselling service helps individuals and families with financial support and help in addressing financial problems. They also provide a number of other crisis services, which can be found on their website	15 Molloy Street, Bunbury <b>9792 1900</b> Busselton: <b>9754 1858</b> Collie: <b>9734 4490</b> Manjimup: <b>9777 1945</b> <a href="http://www.anglicare.org.au">www.anglicare.org.au</a>
<b>Anglicare Emergency Relief Centre</b>	Food parcels are provided to low income families and individuals in need of assistance	Busselton: <b>9754 3775</b> Collie: <b>9734 5244</b>
<b>Bunbury Centrecare</b>	Provides free advocacy, counselling and practical accommodation support to families, couples and individuals, as well as training, mediation and employee assistance programs. (See also ' <b>Counselling</b> ' and ' <b>Family Support</b> ')	Clarke St, Bunbury <b>9721 5177</b> Fax: <b>9791 1056</b> <a href="http://www.centrecare.com.au">www.centrecare.com.au</a>
<b>Bunbury Community Legal centre</b>	Provides free preliminary legal advice and assistance in all areas of law to low income and disadvantaged people.	1 <sup>st</sup> Floor, 101 Victoria St, Bunbury <b>9791 3206</b> <b>1800 999 727</b>
<b>Bunbury Housing Association</b>	The Bunbury Housing Association is a non-profit community based organisation offering an alternative to public housing. They help provide reasonable quality, secure and affordable housing for people on low to moderate incomes.	99, Victoria St, Bunbury <b>9791 5438</b> <b>0417 095 290</b> Fax: <b>9791 3333</b>
<b>Bunbury Pathways '92 (Inc.)</b>	Bunbury Pathways'92 (Inc) community housing program is a long term supported accommodation option for people with serious and persistent mental illness. Referral is required to this program by clinical case managers.	124, Spencer St, Bunbury <b>9791 1257</b>
<b>Bunbury Supported Accommodation Service</b>	Provides supported crisis accommodation for singles or families aged 18 years and over who are homeless or at risk of homelessness. 24 hr access, 7 days a week.	40 Charles St, Bunbury <b>9791 3390</b> Fax: <b>9791 3287</b> <b>1800 001 590</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>BUNYAP</b>	A program to help young people (15-21) who are homeless or at risk of becoming homeless. Bunyap provides crisis and transitional accommodation (See also under ' <b>Youth</b> ')	40, Charles St, Bunbury <b>9791 3213</b> 89, Duchess St, Busselton: <b>9752 2855</b> <b>1800 001 590</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>Capes Accommodation Support and Advocacy</b>	Day to day support for young people, families and individuals who are having difficulty maintaining their tenancies.	89, Duchess St, Busselton (Capes Region Only) <b>9752 2855</b> <b>1800 608 085</b>
<b>Citizens Advice Bureau</b>	Citizens Advice Bureau offers an information and referral service that is free, confidential, impartial and community based.	5, Queen St, Busselton <b>9751 1199</b> <b>0428 511 456</b> Fax: <b>9752 1764</b>



## 1. Accommodation/Practical Support (Contd...)

<b>Forrest Personnel</b>	Provide employment assistance for people with disabilities, including Mental Illness, across the South west. They also provide a counselling service through:  <b>Forrest Personal Development Solutions</b>	4 Plaza Street Bunbury WA 6230 <b>9791 1672</b> Fax: <b>9791 2961</b>  <b>9721 6233</b> <a href="http://www.forrestpersonnel.org.au">www.forrestpersonnel.org.au</a>
<b>In Town - Shoe String Café</b>	Provides free morning tea, cheap nutritious lunches to homeless and disadvantaged people. Referrals to other agencies.	Wittenoom St, Bunbury Po Box 1666 <b>9791 4214</b>
<b>Jobs South West</b>	Jobs South West Community Services delivers a wide range of specialist programs and services to assist people in the community who need support with: accommodation, transportation, health services, education, training and job search. All programs offer individual specialised support.	11, Bourke Street, Bunbury.  <b>9721 5033</b> <b>1800 641 375</b> <a href="http://www.jobssouthwest.com.au">www.jobssouthwest.com.au</a>
<b>Salvation Army Community Support Centres</b>	Emergency relief, material aid, advocacy, referral and support to people in personal and financial crisis.	Bunbury: <b>9791 5200</b> Busselton: <b>9754 2733</b>
<b>St Vincent de Paul</b>	Emergency assistance with food, clothing and furniture	Busselton <b>9754 7048</b> Bunbury <b>9721 2951/ 9721 8859</b> Collie <b>9734 5664</b> Dunsborough <b>9756 7558</b> Manjimup <b>9777 1014</b> Margaret River <b>9757 2832</b>

## 2. Aged Care

<b>Advocare</b>	offers support and advocacy to people with concerns or complaints about services provided by organisations in areas of aged care facilities, home and community care, domiciliary nursing care benefit, aged care assessment teams and community aged care packages.	<b>1800 655 566</b>  <a href="http://www.advocare.org.au">www.advocare.org.au</a>
<b>Aged Care Info Line</b>	The Aged Care Information Line takes calls about the aged care reforms and provide basic assistance with queries about home and community care, daily fees, bonds/charges, income testing, access to care, resident classification, financial assistance and legislation	<b>1800 500 853</b>
<b>Dementia Help Line</b>	Information and support for people with dementia and their families, friends, professionals, students and the general public.	<b>1800 639 331</b>  <a href="http://www.alzheimers.asn.au">www.alzheimers.asn.au</a>
<b>Seniors Telephone Information Services</b>	The service is staffed by volunteers, mainly seniors, and provides information and referral advice on issues such as accommodation options, education, finance/business, health and lifestyle.	<b>1800 671 233</b>
<b>South West Regional Aged Care Services</b>	Providers of a variety of services and programs supporting older people in need and their carers.	21, Spencer St, Bunbury <b>9722 4300</b>



### 3. Alcohol & Drugs

<b>Alcohol and Drug Information Service</b>	ADIS is a 24 hour, confidential telephone service for people in Western Australia. It provides information, counselling, referral and advice to anyone concerned about their own or another's alcohol or other drug use.	<b>1800 198 024</b>
<b>Alcoholics Anonymous</b>	Having trouble with alcohol? Does your drinking worry you? Is it causing you to get into unpleasant or dangerous situations? Are family members complaining about your drinking?	<b>9325 3566 / 9325 3209</b>
<b>Al-Anon</b>	Help for families and carers of people with alcohol abuse issues, they also provide support to youth affected themselves or through a family member. (See also 'Youth')	<b>9325 7528 1300 252 666</b>
<b>Counselling Online</b>	Counselling Online is a service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction. This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend. Counselling Online is available 24 hours a day, 7 days a week, across Australia.	<a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>
<b>DirectLine</b>	CounsellingOnline counsellors are also available to provide immediate telephone support through the 24-hour alcohol and drug service DirectLine.	<b>1800 888 236</b>
<b>Local Drug Action Groups</b>	Local Community groups formed to decrease the level of drug abuse in our area. The LDAG provide information and education seminars and pamphlets, supports drug free entertainment for young people.	<b>1800 532 407</b> <a href="http://www.localdrugaction.com.au">www.localdrugaction.com.au</a>
<b>FACE</b>	Program supporting people aged 10-15 who have a family member or carer who misuses drugs or alcohol	<b>9722 4600 0429 684 591</b>
<b>Parent Drug Information Service</b>	The Parent Drug Information Service (PDIS) is a 24-hour, confidential telephone service for parents and families in Western Australia. Provides support, information and referral to parents and families whose family member has alcohol or Drug problems.	<b>1800 635 203</b>
<b>South West Community Drug Services Team</b>	The Southwest Community Drug Service Team (CDST) is located in Bunbury with outreach throughout the South West region.	167, Spencer St, Bunbury, <b>9721 9256</b>
<b>'Substance'</b>	Free professional drug information , counselling and support for 12 - 25 year olds	<b>9791 3213 9752 2855 (lower South West)</b>



## 4. Counselling

<b>All Families Mediation and Counselling</b>	Specialising in mediation and counselling for families, also providing men's support meetings, Drug & Alcohol support and Quit Programs.	23, Spencer St, Bunbury <b>9721 1367</b> <b>0419 742 336</b>  <a href="http://www.allfamilies.com.au">www.allfamilies.com.au</a>
<b>ARAFMI</b>	Telephone support services for carers, including counselling and information.	<b>1800 811 747</b>  <a href="http://www.arafmi.asn.au">www.arafmi.asn.au</a>
<b>Bunbury Centrecare</b>	Provides free advocacy, counselling and support to families, couples and individuals, as well as training, mediation and employee assistance programs. (See also ' <b>Accommodation</b> ' and ' <b>Family Support</b> ')	Clarke St, Bunbury <b>9721 5177</b> Fax: <b>9791 1056</b> <a href="http://www.centrecare.com.au">www.centrecare.com.au</a>
<b>Carers WA</b>	Carers Advocacy and Counselling services	<b>1800 242 636</b> <a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>
<b>Family Carer Support Program</b>	Provides information and support to family carers supporting those with mental illness. This is provided by face to face appointments, availability of share/care groups and also education through the Mental Illness Fellowship Wellways suite of programs. Referrals are not necessary. This service is free and confidential. ( See also under ' <b>Family Support Services</b> ')	<b>9791 1799</b>
<b>Relationships Australia</b>	Counselling to individuals, couples, families and children. Education courses, Men and families Relationships program and mediation for families is also available.	20 Molloy Street, Bunbury WA 6230 Po Box 1116, Bunbury <b>9792 1111/ 9792 1155</b> Fax: <b>9792 1122</b>  <b>1300 364 277</b> <a href="http://www.wa.relationships.com.au">www.wa.relationships.com.au</a>
<b>South West Counselling</b>	Family and individual confidential counselling services.	Busselton <b>9754 2052</b> Manjimup/Pemberton <b>9771 2676</b> Margaret River/Augusta <b>9758 8055</b> Harvey/Collie <b>9721 2942</b> Bridgetown <b>9761 4171</b>
<b>South West Women's Health and Information Centre</b>	A not for profit service to all women of the South West funded by the Health Department which offers counselling two days a week and also conducts courses. We have a qualified counsellor with diverse experience. (See also under ' <b>Women</b> ')	Po Box 6049 19, Fielder Street, Bunbury <b>9791 3350</b> Fax: <b>9791 1810</b> <b>1800 673 350</b> (enquiries /appointments) <b>1800 636 032</b> (unplanned pregnancy)



## 5. Crisis & Support Help Lines

<b>Beyond Blue Info Line</b>	The <i>beyondblue</i> Infoline provides nationwide access to information, advice and referrals around depression, anxiety and related conditions.	<b>1300 22 46 36</b> <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>Carers Counselling Line</b>	For all carers regardless of the age or diagnosis of the person to whom they provide care. The 1800-telephone service is managed by professionally qualified counsellors offering counselling, practical assistance, referral and emotional support.	<b>1800 007 332</b>
<b>Crisis Care helpline</b>	Crisis Care is a free, telephone information and counselling service for people in crisis needing urgent help.	<b>1800 199 008</b> <a href="http://www.community.wa.gov.au">www.community.wa.gov.au</a>
<b>Family Helpline</b>	The Family Helpline is a free confidential telephone counselling and information service for families with relationship difficulties.	<b>1800 643 000</b> <a href="http://www.community.wa.gov.au">www.community.wa.gov.au</a>
<b>Family Relationships Advice line</b>	The Advice Line provides information on family relationship issues and advice on parenting arrangements after separation. It can also refer callers to local services that can provide assistance.	<b>1800 050 321</b> <a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a>
<b>Health Direct</b>	A 24hr, seven day a week health advice line to all people calling from within Western Australia. Experienced nurses provide immediate professional advice on how urgent a health concern is and what to do about it.	<b>1800 022 222</b>
<b>Homeless Helpline</b>	A central contact point for homeless people literally without shelter (primary homeless) to find accommodation and to assist secondary homeless to obtain assistance to seek their own accommodation.	<b>1800 065 892</b>
<b>Kids Helpline</b>	Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.	<b>1800 551 800</b> <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
<b>LIFELINE</b>	Lifeline provides access to 24-hour telephone counselling on one national number -. This service is available to anyone, anywhere at anytime, for the cost of a local call.	<b>13 11 14</b> <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<b>LIFE website</b>	The Living Is For Everyone (LIFE) website is a world-class suicide and self-harm information resource.	<a href="http://www.livingisforeveryone.com.au">www.livingisforeveryone.com.au</a>
<b>MensLine Australia</b>	MensLine Australia is the 24/7 national telephone support, information and referral service for men with family and relationship concerns.	<b>1300 78 99 78</b> <a href="http://www.crisissupport.org.au">www.crisissupport.org.au</a>
<b>Parenting Line</b>	Our free 24/7 telephone service for information and advice on any parenting matter.	<b>1800 654 432</b>





## 5. Crisis & Support Help Lines (Contd...)

<b>RURALLINK</b>	A specialist after-hours mental health telephone service for the rural communities of South West WA. Rurallink helps people deal with depression, suicide, anxiety, psychosis, mental health issues or mental health crisis.	<b>1800 552 002</b>
<b>Salvo Care line</b>	A 24 hour telephone counselling line providing a listening ear for people in a crisis situation.	<b>9442 5777</b>
<b>SAMARITANS</b>	The Samaritans provide a 24 hour, non-religious, non-judgmental careline offering emotional support to the lonely, despairing and suicidal, or those at risk of becoming so.	Careline: <b>9381 5555</b> Country line: <b>1800 198 313</b> Youth line: <b>9388 2500</b>  <a href="http://www.thesamaritans.org.au">www.thesamaritans.org.au</a>
<b>Suicide Call Back Service</b>	The Suicide Call Back Service is a free nation-wide telephone support service for people at risk of suicide, their carers and those bereaved by suicide.	<b>1300 659 467</b>  <a href="http://www.crisissupport.org.au">www.crisissupport.org.au</a>
<b>Veterans Line</b>	Veterans Line is available for Australian service personnel from all wars and conflicts and extends to immediate family members experiencing social/psychological distress as a consequence of the veteran's period of service	<b>1800 011 046</b>  <a href="http://www.crisissupport.org.au">www.crisissupport.org.au</a>

## 6. Disabilities

<b>Activ Foundation Inc.</b>	Activ provides services and support to people with disability. It provides accommodation, recreation, respite, employment and life skills to people with disability and their families.	23 Sampson Rd, Bunbury <b>9791 3456</b> 6/8-10 Prince St. Busselton <b>9754 2547</b>
<b>Advocacy Southwest</b>	ASW advocates for people with disabilities, mental illness, and acquired brain injury who live in the south west region of WA.	<b>9791 3293</b> <b>0437 201 500.</b> 32 Wittenoom Street, Bunbury WA 6230 <a href="http://www.advocacysouthwest.org.au">www.advocacysouthwest.org.au</a>
<b>Disability Services Commission</b>	Provides information, advocacy and support for people with disabilities	Unit 4, 8 Cassowary Bend, Eaton 6232 <b>97241465</b> <b>0408 919 313</b> <a href="http://www.dsc.wa.gov.au">www.dsc.wa.gov.au</a>
<b>Enable</b>	Enable Southwest Inc. works alongside individuals and families of people with disabilities to meet their individual needs.	Po Box 6224, Bunbury <b>9792 7500</b> Fax: <b>9791 2776</b>
<b>Intework</b>	Intework is a not for profit agency committed to working with people to develop and promote their aspirations and potential within the community. From finding a job to learning valuable life skills.	Unit 3/19 Bussell Highway Busselton <b>9751 2774</b> <b>0407 170 766</b>  <a href="http://www.intework.org">www.intework.org</a>
<b>Second Step</b>	Second Step (Inc.) offers support to families and individuals who are diagnosed (or awaiting diagnosis) with Autism Spectrum Disorder. ASD includes autism, Asperger's syndrome and Pervasive Developmental Disorder	PO Box 1616 Bunbury WA 6231 <b>0438 907 046</b> <a href="http://www.secondstep.mysouthwest.com.au">www.secondstep.mysouthwest.com.au</a>



## 7. Domestic Violence / Sexual Assault

<b>DOVES</b>	Family Domestic Violence Education, referral Coordination and resource support	PO Box 1 Manjimup <b>9771 7777</b>
<b>Kids &amp; Teens Waratah</b>	Kids & Teens Waratah service provides counselling to both boys and girls who have experienced sexual abuse or domestic violence. Kids & Teens Domestic Violence service is for ages 5 - 16; Sexual Abuse service is for ages 5 - 12.	<b>9792 4955</b> Fax: <b>9792 4959</b> <a href="http://www.waratah.asn.au">www.waratah.asn.au</a>
<b>Men's Domestic Violence Helpline</b>	The Men's Domestic Violence Helpline is a free telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners. (See also under 'Men' )	<b>1800 000 599</b>
<b>Mooditj Healing Program</b>	Working with Aboriginal groups and communities to identify ways in which healing from past violence, abuse and assault can be addressed through group activities	16, Little St, Bunbury. <b>9792 4344</b> <a href="http://www.waratah.asn.au">www.waratah.asn.au</a>
<b>Sexual Assault Resource Centre</b>	SARC is a free 24 hour 7 days a week emergency service that offers assistance and support to any person, female or male, aged 13 years and over who has experienced any form of unwanted sexual contact or behaviour.	Administration: <b>9340 1820</b> Crisis Line: <b>9340 1828</b> Counselling: <b>9340 1899</b> <b>1800 199 888</b>
<b>South West Refuge Inc.</b>	The South West Refuge provides safe, supported accommodation and confidential assistance to women experiencing abuse/domestic violence crisis.	Po Box 1016, Bunbury <b>9791 2894</b> Fax: <b>9791 2376</b> <a href="http://www.swrefuge.com.au">www.swrefuge.com.au</a>
<b>WARATAH</b>	Waratah is a free, confidential and professional counselling service for people who have experienced sexual assault / abuse or Domestic Violence. This service is located in Bunbury and services the Southwest region.	<b>9791 2884</b> Fax: <b>9721 3102</b> <b>1800 017 303</b> <a href="http://www.waratah.asn.au">www.waratah.asn.au</a>
<b>Women's Domestic Violence Helpline</b>	The Women's Domestic Violence Helpline provides free 24 hour telephone support and counselling for women experiencing family and domestic violence.	<b>1800 007 339</b>



## 8. Family Support Services

<b>Bridgetown Family Support Services</b>	Provides information and informal advice on a wide range of issues that affect family life. Acts as a referral service for families and individuals wishing to access community services and organizations.	Corner Roe & Steere Streets P.O. Box 260 Bridgetown W.A. 6255  <b>9761 2139</b> <a href="http://www.bfcc.org.au">www.bfcc.org.au</a>
<b>Bunbury Centrecare</b>	Provides free advocacy, counselling and practical accommodation support to families, couples and individuals, as well as training, mediation and employee assistance programs. (See also 'Counselling' and 'Accommodation')	Clarke St, Bunbury <b>9721 5177</b> Fax: <b>9791 1056</b> <a href="http://www.centrecare.com.au">www.centrecare.com.au</a>
<b>Caring for Carers</b>	If you are a Carer of someone living with a serious mental health difficulty, the Richmond Fellowship Carer Respite Program can help. This respite service aims to reduce the need for future respite by motivating people, building their self-esteem, and providing opportunities for them to access appropriate community support facilities and networks.	<b>9258 3060</b>  <a href="http://www.caring4carers.org.au">www.caring4carers.org.au</a>
<b>Collie Family Centre</b>	Support to individuals and families to enhance their quality of life Families and individuals are linked to services and community groups to help deal with or avoid crises.	5, Forrest St, Collie. 6225 <b>9734 5343</b> Fax: <b>9734 5430</b> <a href="http://www.colliefamilycentre.org.au">www.colliefamilycentre.org.au</a>
<b>Department of Community Development</b>	Child protection, social worker and financial counselling available.	<b>CRISIS – 1800 681 178</b> Bunbury – <b>9722 5000</b> Busselton – <b>9752 3666</b> Manjimup – <b>9771 1711</b> Collie – <b>9734 1699</b>
<b>Family Carer Support Program</b>	Provides information and support to family carers supporting those with mental illness. This is provided by face to face appointments, availability of share/care groups and also education through the Mental Illness Fellowship Wellways suite of programs. Referrals are not necessary. This service is free and confidential. ( See also under 'Counselling')	<b>9791 1799</b>
<b>Family Relationship Centre</b>	Family Relationship Centres provide information about strengthening families or assisting families through separation. They can provide a referral service for the South West region, offer information about services available or connect people directly with services they wish to access.	20 Molloy Street, Bunbury WA <b>9792 1155</b> Fax: <b>9792 1166</b> Busselton : <b>9792 1155</b> Manjimup : <b>9792 1155</b> Margaret River : <b>9792 1155</b>
<b>Family Support Program</b>	The Family Support program assists families with multiple births and/or where the mother is experiencing, or at risk of postnatal depression. (See also 'Women' )	<b>9726 6709</b> <a href="http://www.redcross.org.au">www.redcross.org.au</a>
<b>Manjimup and Collie Aboriginal Health Service</b>	Aims to improve access to mainstream health services for the local Aboriginal community and provides a range of community programs.	Rear of Collie Medical Group, 17 Johnston St, Collie <b>9734 3581</b>
<b>Manjimup Family Centre</b>	Provides a variety of family support programs and information resources.	13 Mount Street Manjimup WA 6258 <b>9771 1653</b>
<b>Milligan House</b>	Provide low cost classes and activities, tutoring for children, playgroups, support groups, computer/internet access. Access to resources and local information	35, Milligan St, Bunbury <b>9721 8944</b> Fax: <b>9791 6990</b> <a href="http://www.milligan.org.au">www.milligan.org.au</a>
<b>Morrissey Homestead</b>	Home & Community Service providing Adult Day Respite, Midday Lunch, Socialising, Transport & Social Support. Youth programmes for young adults available.	123, South-Western Highway, Bunbury <b>9725 4699</b> Fax: <b>9725 6106</b>
<b>Multicultural Services Centre of WA inc.</b>	Provides information, referral and advocacy for refugees and migrants and their dependants.	9a Wittenoorn St, Bunbury <b>9791 5271</b>



## 8. Family Support Services (Contd...)

<b>Parent's Plus (REACH)</b>	Provides family focused education, support and counselling to parents of 'at risk' young children (0-12) who may be experiencing a difficult situation or simply want advice	40, Charles St, Bunbury <b>9721 3511</b>
<b>Parkinson's Support Group</b>	Local Support groups for sufferers and carers of Parkinson's throughout the South West.	Bunbury : <b>97250435</b> Busselton: <b>97523728</b> Head Office: <b>9346 7373</b> . <a href="http://www.parkinsonswa.org.au">www.parkinsonswa.org.au</a>
<b>Red Cross Carers Support Service</b>	Supports people who provide long term, home-based care to a family member or friend. This support can be in the form of training and advice as well as information and support groups.	Unit 2, 33 Denning Rd, Bunbury <b>9726 6708</b>
<b>Red Cross - Commonwealth Respite &amp; Carelink Centre</b>	A single point of contact for information, referral and advice on a full range of respite care services across the lifespan.	Unit 2, 33 Denning Rd, PO Box 2276, Bunbury 6231 <b>1800 052 222</b> <b>9726 6746</b>
<b>Silver Chain</b>	Deliver a wide range of programs providing assistance in supporting the independence of people in need, including the Home from Hospital and Home Care programs.	Bunbury: <b>9721 8311</b> Bridgetown: <b>9761 0000</b> Busselton: <b>9754 2880</b> Collie: <b>9734 4344</b> Harvey: <b>9729 3536</b> Manjimup: <b>9777 1055</b> Margaret River: <b>9758 9609</b> <b>1300 650 803</b> <a href="http://www.silverchain.org.au">www.silverchain.org.au</a>
<b>South West Aboriginal Medical Services</b>	Our mission is to provide health care services to Nyoongar People in Nyoongar ways so that our aspiration for "Our Health - Our Way" is achieved and our health problems are properly overcome, now and in the future.	Cnr Robertson Drive and Bussell Highway, Bunbury WA 6230 Telephone: (08) <b>9791 7666</b>  <b>1800 779 000</b> <a href="http://www.swams.com.au">www.swams.com.au</a>
<b>South West Rural Respite services</b>	Provides in home respite services for primary carers and as well ongoing support and information.	Unit 2, 8-10 Prince St, Busselton <b>9751 1077</b> <b>0427 387 809</b> <a href="http://www.carealot.com.au">www.carealot.com.au</a>
<b>South West Emergency Care</b>	A Service where a family support worker provides care in the child's home when the parent/s are unable to look after their children.	Lotteries House, 99, Victoria St, Bunbury <b>9791 1335</b> Fax: <b>9791 3333</b>
<b>Telecross Services</b>	A free telephone monitoring service to vulnerable people who live at home alone and/or do not have local support from family or friends.	Unit 2, 33 Denning Rd, Bunbury <b>9726 6708</b>
<b>The Compassionate Friends</b>	We offer friendship and understanding to families who are grieving the death of a child, of any age, from any cause. We also offer support and information to relatives, friends and professionals who are helping a family.	5 Bickerton Place BUNBURY 6230 <b>9721 4303</b> <b>1800 628 118</b> <a href="http://www.compassionatefriendswa.org.au">www.compassionatefriendswa.org.au</a>



## 9. General Mental Health support

<b>Advocacy Southwest</b>	ASW advocates for people with mental illness who live in the south west region of WA.	32 Wittenoom Street, Bunbury <b>9791 3293</b> <b>0437 201 500.</b> <a href="http://www.advocacysouthwest.org.au">www.advocacysouthwest.org.au</a>
<b>Bunbury Pathways '92</b>	Bunbury Pathways'92 (Inc) is a not for profit community organisation which provides specialist non-clinical support to individuals with severe and persistent mental illness to work towards their recovery. Services also include a community housing program for people referred by their clinical case manager, and a comprehensive family carer support program.	124, Spencer St, Bunbury <b>9791 1257</b>
<b>Depression And Anxiety Support Group</b>	'Caring Friends' We provide workshops and individual support for people to gain the skills that help overcome depression and all forms of anxiety and also methods to remain well.	PO Box 260 BUSSELTON : <b>9751 5866</b>
<b>Even Keel</b>	Provides support for sufferers of Bi-Polar and related disorders, their relatives and friends	Salvation Army 94 Kent St Busselton <b>9751 5866</b>
<b>GP Division</b>	Provides information regarding a number of Mental health programs such as 'Better Outcomes' and access to Counselling and Allied health services via referral by GP's in the Greater Bunbury area.	1 <sup>st</sup> Floor, 49 Spencer Street Bunbury, WA 6230 <b>9722 5444</b>
<b>GPDown South</b>	Provides access to Mental Health programs via GP's in the rest of the South West region outside of Greater Bunbury.	59 Bussell Hwy, BUSSELTON WA 6280 <b>9754 3662</b>
<b>GROW</b>	Self-help and mutual support groups for the rehabilitation of people affected by mental illness and coping problems	<b>1800 558 268</b> <a href="http://www.grow.net.au">www.grow.net.au</a>
<b>Injury Council Of Western Australia</b>	Information, Education, Training and resources for suicide prevention.	18, West St, Busselton <b>9754 0518</b> <a href="http://www.iccwa.org.au">www.iccwa.org.au</a>
<b>LAMP inc.</b>	Lamp provides support services for people with mental illness, their carers and family members living in local South West communities.	26, Brown St, Busselton 6280 <b>9754 1834</b> Fax: <b>9754 1836</b> <a href="http://www.lampinc.org.au">www.lampinc.org.au</a>
<b>Mental Illness Fellowship Of Western Australia</b>	We provide a range of support services to people diagnosed with a mental illness and their carers and families. Support programs such as Wellways are available in Bunbury and Busselton (see <b>Bunbury Pathways '92</b> )	110 Edward Street, Perth WA 6000 P.O. Box 8422, WA 6849 <b>9228 0200</b> Fax: (08) <b>9228 0022</b> <b>1800 985 944</b> <a href="http://www.mifwa.org.au">www.mifwa.org.au</a>
<b>Practical Support Program</b>	The Practical Support program helps women who are experiencing, or at risk of, perinatal mental health problems and are facing challenges of looking after a baby or toddler while managing the family home. ( see also ' <b>General Mental Health</b> ' )	<b>9726 6709</b> <a href="http://www.redcross.org.au">www.redcross.org.au</a>
<b>Richmond Fellowship</b>	Richmond Fellowship of WA (RFWA) is a non-government organisation in Western Australia that participates in providing a Recovery-promoting environment through Rehabilitation support and accommodation programs for people with a diagnosable mental illness	PO Box 682 Bentley WA 6982 <b>9258 3060</b> <a href="http://www.rfwa.org.au">www.rfwa.org.au</a>
<b>TenderCare</b>	A service for adults under the care of a health professional who have a serious and persistent mental illness or disorder, to assist with living skills, building self-esteem and providing respite for carers.	<b>9300 5515</b>



10. Men		
<b>MATES – Men’s Support group</b>	The Men’s Resource Centre provides information on relationships, parenting, health, inspiration and stress and anger management amongst other things. The centre has a data-base of groups and referrals for men. We also help out with emergency accommodation if possible.	149 Bussell Highway, BUSSELTON 6280 <b>9752 3217</b> Mobile: <b>0439 939 446</b>
<b>Men’s Advisory Network (MAN)</b>	Website providing information to individuals about appropriate services and professionals plus provides general community education and raises awareness of men’s health, wellbeing and other issues affecting males of all ages in Western Australia.	<a href="http://www.man.org.au">www.man.org.au</a>
<b>Men’s Domestic Violence Helpline</b>	The Men’s Domestic Violence Helpline is a free telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners. (See also under ‘ <b>Domestic Violence</b> ’ )	<b>1800 000 599</b>
<b>Men’s family Relationship Services</b>	A free service that provides men with a safe place to discuss relationship issues, either individually or in a group setting.	40, Charles Street, Bunbury <b>9791 3213</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>Men’s Sheds</b>	Problems with men’s health, isolation, loneliness and depression are looming as major health issues for men. Men’s sheds can play a significant and practical role in addressing these and other men’s issues.	Boyup Brook: <b>9765 1560</b> Bridgetown : <b>9622 3981</b> Bunbury: <b>9791 3293</b> Busselton: <b>9751 3415</b>

11. Women		
<b>Childbirth, Stress and Depression Service</b>	Support group for women who are feeling stressed/depressed before and/or after childbirth.	C/O Hudson Road Community Health Care Centre, Hudson Rd, Bunbury <b>0417 923 744</b> <b>9795 2888</b> Fax : <b>9795 7062</b>
<b>Family Support Program</b>	The Family Support program assists families with multiple births and/or where the mother is experiencing, or at risk of postnatal depression. (See also ‘ <b>Family Support</b> ’ )	<b>9726 6709</b> <a href="http://www.redcross.org.au">www.redcross.org.au</a>
<b>Practical Support Program</b>	The Practical Support program helps women who are experiencing, or at risk of, perinatal mental health problems and are facing challenges of looking after a baby or toddler while managing the family home. ( see also ‘ <b>General Mental Health</b> ’ )	<b>9726 6709</b> <a href="http://www.redcross.org.au">www.redcross.org.au</a>
<b>South West Women’s Health and Information Centre</b>	A not for profit service to all women of the South West funded by the Health Department which offers health information and education, counselling, weekly pap smear clinics, and unplanned pregnancy services. Other activities including yoga, fitness programs, and monthly multicultural women’s lunches.	Po Box 6049 19, Fielder Street, Bunbury <b>9791 3350</b> Fax: <b>9791 1810</b> <b>1800 673 350</b> (enquiries /appointments) <b>1800 636 032</b> (unplanned pregnancy)
<b>Teen’s &amp; Young Mum’s Group</b>	Bunbury support group for teens, young mums and mums to be at Milligan House.	<b>9721 8944</b>
<b>Women’s Information Service</b>	A free, confidential telephone information service available to all women in Western Australia.	<b>1800 199 174</b> <a href="http://www.community.wa.gov.au">www.community.wa.gov.au</a>



## 12. Youth

<b>Alateen</b>	Provides support to young people who are or have been confronted by alcohol abuse in parents, relatives or friends.	Bunbury: <b>9721 8284</b> Busselton: <b>9754 3431</b>
<b>BUNYAP</b>	A program to help young people (15-21) who are homeless or at risk of becoming homeless. Bunyap provides crisis and transitional accommodation (See also under ' <b>Accommodation</b> ')	40, Charles St, Bunbury <b>9791 3213</b> 89, Duchess St, Busselton: <b>9752 2855</b> <b>1800 001 590</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>COMIC WA (Children Of Mentally Ill Consumers)</b>	Our most important goal is to ensure that all children of parents with a mental illness receive information and education about mental health and that they are supported and do not feel alone and isolated.	<b>0413 487 045</b> <a href="http://www.comicwa.org">www.comicwa.org</a>
<b>Mission Australia</b>	Provide a number and programs and initiatives aiming to empower disadvantaged Youth and Communities through education, support and practical assistance	<b>1300 886 999</b> <a href="http://www.missionaustralia.com.au">www.missionaustralia.com.au</a>
<b>Reconnect</b>	The program's objective is to improve the level of engagement of homeless young people, or those at risk of homelessness, in family, work, education, training and the community.	40, Charles St, Bunbury <b>9791 3213</b> <a href="http://www.aswa.org.au">www.aswa.org.au</a>
<b>Revolution youth</b>	Youth Group for over 12's	PO Box 1284 Manjimup <b>9777 2489 / 0405 932 876</b>
<b>True Colours</b>	Provides local group and individual support to young people with a diverse sexuality and/or gender and their families in regional areas.	<b>1300 663 298</b> <a href="http://www.unitingcarewest.org.au">www.unitingcarewest.org.au</a>
<b>Youth Focus</b>	Provides practical and effective support for young people 12 to 18 years of age and their families, who are showing early signs associated with suicide, depression and self harm.	Lotteries House, Victoria St, Bunbury <b>9361 4222 (duty officer)</b> <a href="http://www.youthfocus.com.au">www.youthfocus.com.au</a>
<b>Youth Outreach Program</b>	Assistance for long-term unemployed, disadvantaged or at-risk youth in Outer Bunbury rural towns. They provide one to one guidance to reach employment, education, training or personal development goals. In particular we work on a one to one basis with young people up to the age of 24 to provide them with counselling and family support through mentoring and family therapy.	Jobs South West 11, Bourke Street, Bunbury <b>9721 5033</b> <b>1800 641 375</b> <a href="http://www.jobssouthwest.com.au">www.jobssouthwest.com.au</a>



## WACHS - South West Mental Health Services

### Community Mental Health Clinics:

There are 4 Community Mental Health clinics which are based in three regions of the South West. These provide services for people with **moderate** to **severe** mental health issues and can be accessed via referral by your GP.

The hours of operation of these teams are:

**Monday to Friday, 09:00 to 16:00.**

Outside of those times, calls to the clinics will be diverted to RuralLink, the specialist after-hours providers of Mental Health supports (**1800 552 002**)

Access to the Child and Adolescent Mental Health teams is also via contacting these local clinics.

### Contact Details:

#### Bunbury / Collie / Donnybrook / Harvey

Bunbury Community Mental Health  
South West Health Campus  
Cnr Robertson Dr & Bussell Hwy  
BUNBURY WA 6230  
**9722 1300**  
**FAX: 9721 7075**

#### Busselton / Dunsborough

Busselton Community Mental Health  
18 West Street  
BUSSELTON WA 6280  
**9754 0560**  
**FAX: 9754 0562**

#### Margaret River / Augusta

Margaret River Community Mental Health  
3 / 18 Fearn Avenue  
MARGARET RIVER WA 6285  
**9757 3547**  
**FAX: 9757 3827**

#### Bridgetown / Manjimup / Pemberton / Northcliffe

Bridgetown Community Mental Health  
88b Hampton Street  
BRIDGETOWN WA 6255  
**9782 1444**  
**FAX: 9782 1410**











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Created by Kim Leggett