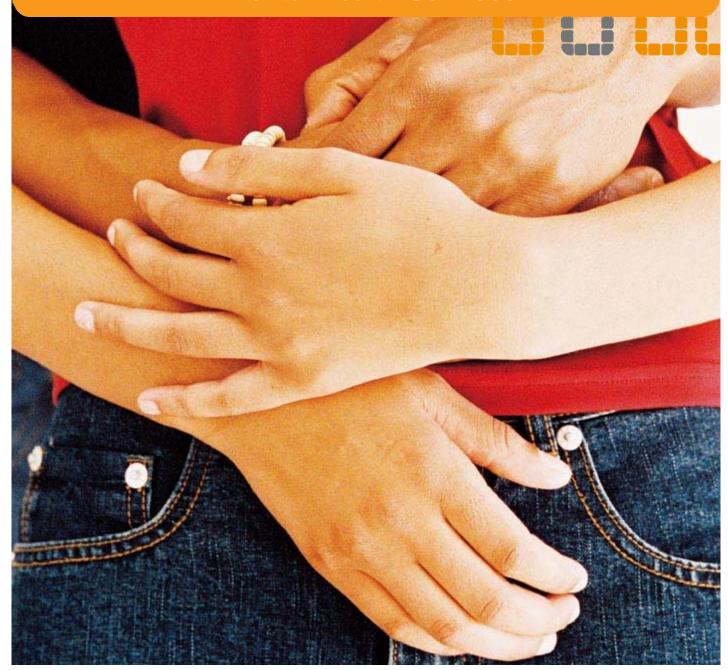


# **WACHS - South West Mental Health Services**



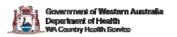
## RESOURCE DIRECTORY

Support Agencies with a Mental Health Focus

For the Public and Professionals

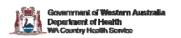
March 2010





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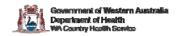
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1. Accommodation/Practical Support		
Aboriginal Challenge Employment Services (ACES)	ACES connects employers to Indigenous staff with the skills and attributes required	177 Spencer Street BUNBURY 6230 <b>9781 4500</b>
Agencies for South West Accommodation	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.	1800 115 799 Bunbury: 9791 3213 Busselton: 9752 2855 Margaret River: 9757 3661 Manjimup: 9771 8893 www.aswa.org.au
Anglicare	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 9792 1900 Busselton: 9754 1858 Collie: 9734 4490 Manjimup: 9777 1945 www.anglicare.org.au
Anglicare Emergency Relief Centre	Food parcels are provided to low income families and individuals in need of assistance	Busselton: 9754 3775 Collie: 9734 5244
Bunbury Centrecare	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 'Family Support')	Clarke St, Bunbury 9721 5177 Fax: 9791 1056 www.centrecare.com.au
Bunbury Community Legal centre	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 9791 3206 1800 999 727
Bunbury Housing Association	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 9791 5438 0417 095 290 Fax: 9791 3333
Bunbury Pathways '92 (Inc.)	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 9791 1257
Bunbury Supported Accommodation Service	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 9791 3390 Fax: 9791 3287 1800 001 590 www.aswa.org.au
BUNYAP	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 'Youth')	40, Charles St, Bunbury <b>9791 3213</b> 89, Duchess St, Busselton: <b>9752 2855</b> <b>1800 001 590</b> www.aswa.org.au
Capes Accommodation Support and Advocacy	Day to day support for young people, families and individuals who are having difficulty maintaining their tenancies.	89, Duchess St, Busselton (Capes Region Only) 9752 2855 1800 608 085
Citizens Advice Bureau	Citizens Advice Bureau offers an information and referral service that is free, confidential, impartial and community based.	5, Queen St, Busselton 9751 1199 0428 511 456 Fax: 9752 1764

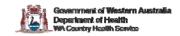




1. Accommodation/Practical Support (Contd)		
Forrest Personnel	Provide employment assistance for people with disabilities, including Mental Illness, across the South west. They also provide a counselling service through:	4 Plaza Street Bunbury WA 6230 9791 1672 Fax: 9791 2961
	Forrest Personal Development Solutions	9721 6233 www.forrestpersonnel.org.au
In Town - Shoe String Café	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>
Jobs South West	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. 9721 5033 1800 641 375 www.jobssouthwest.com.au
Salvation Army Community Support Centres	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>
St Vincent de Paul	Emergency assistance with food, clothing and furniture	Busselton 9754 7048 Bunbury 9721 2951/ 9721 8859 Collie 9734 5664 Dunsborough 9756 7558 Manjimup 9777 1014 Margaret River 9757 2832

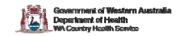
2. Aged Care		
Advocare	offers support and advocacy to people with concerns or complaints about services provided by organisations in areas of aged care facilities, home and community care, domiciliary nursing care benefit, aged care assessment teams and community aged care packages.	1800 655 566 www.advocare.org.au
Aged Care Info Line	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	1800 500 853
Dementia Help Line	Information and support for people with dementia and their families, friends, professionals, students and the general public.	1800 639 331 www.alzheimers.asn.au
Seniors Telephone Information Services	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.	1800 671 233
South West Regional Aged Care Services	Providers of a variety of services and programs supporting older people in need and their carers.	21, Spencer St, Bunbury 9722 4300





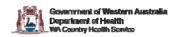
3. Alcohol & Drugs		
Alcohol and Drug Information Service	ADIS is a 24 hour, confidential telephone service for people in Western Australia. It provides information, counselling, referral and advice to anyone concerned about their own or another's alcohol or other drug use.	1800 198 024
Alcoholics Anonymous	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?	9325 3566 / 9325 3209
Al-Anon	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')	9325 7528 1300 252 666
Counselling Online	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.	www.counsellingonline.org.au
DirectLine	CounsellingOnline counsellors are also available to provide immediate telephone support through the 24-hour alcohol and drug service DirectLine.	1800 888 236
Local Drug Action Groups	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.	1800 532 407 www.localdrugaction.com.au
FACE	Program supporting people aged 10-15 who have a family member or carer who misuses drugs or alcohol	9722 4600 0429 684 591
Parent Drug Information Service	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.	1800 635 203
South West Community Drug Services Team	The Southwest Community Drug Service Team (CDST) is located in Bunbury with outreach throughout the South West region.	167, Spencer St, Bunbury, 9721 9256
'Substance'	Free professional drug information , counselling and support for 12 - 25 year olds	9791 3213 9752 2855 (lower South West)





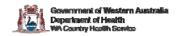
4. Counselling		
All Families Mediation and Counselling	Specialising in mediation and counselling for families, also providing men's support meetings, Drug & Alcohol support and Quit Programs.	23, Spencer St, Bunbury 9721 1367 0419 742 336 www.allfamilies.com.au
ARAFMI	Telephone support services for carers, including counselling and information.	1800 811 747 www.arafmi.asn.au
Bunbury Centrecare	Provides free advocacy, counselling and support to families, couples and individuals, as well as training, mediation and employee assistance programs. (See also 'Accommodation' and 'Family Support')	Clarke St, Bunbury 9721 5177 Fax: 9791 1056 www.centrecare.com.au
Carers WA	Carers Advocacy and Counselling services	1800 242 636 www.carersaustralia.com.au
Family Carer Support Program	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 'Family Support Services')	9791 1799
Relationships Australia	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 9792 1111/ 9792 1155 Fax: 9792 1122 1300 364 277 www.wa.relationships.com.au
South West Counselling	Family and individual confidential counselling services.	Busselton 9754 2052 Manjimup/Pemberton 9771 2676 Margaret River/Augusta 9758 8055 Harvey/Collie 9721 2942 Bridgetown 9761 4171
South West Women's Health and Information Centre	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 'Women')	Po Box 6049 19, Fielder Street, Bunbury 9791 3350 Fax: 9791 1810 1800 673 350 (enquiries /appointments) 1800 636 032 (unplanned pregnancy)





5. Crisis & Support Help Lines		
Beyond Blue Info Line	The <i>beyondblue</i> Infoline provides nationwide access to information, advice and referrals around depression, anxiety and related conditions.	1300 22 46 36 www.beyondblue.org.au
Carers Counselling Line	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.	1800 007 332
Crisis Care helpline	Crisis Care is a free, telephone information and counselling service for people in crisis needing urgent help.	1800 199 008 www.community.wa.gov.au
Family Helpline	The Family Helpline is a free confidential telephone counselling and information service for families with relationship difficulties.	1800 643 000 www.community.wa.gov.au
Family Relationships Advice line	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.	1800 050 321 www.familyrelationships.gov.au
Health Direct	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.	1800 022 222
Homeless Helpline	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.	1800 065 892
Kids Helpline	Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.	1800 551 800 www.kidshelp.com.au
LIFELINE	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.	13 11 14 www.lifeline.org.au
LIFE website	The Living Is For Everyone (LIFE) website is a world-class suicide and self-harm information resource.	www.livingisforeveryone.com.au
MensLine Australia	MensLine Australia is the 24/7 national telephone support, information and referral service for men with family and relationship concerns.	1300 78 99 78 www.crisissupport.org.au
Parenting Line	Our free 24/7 telephone service for information and advice on any parenting matter.	1800 654 432

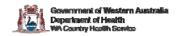




5. Crisis & Support Help Lines (Contd)		
RURALLINK	A specialist after-hours mental health telephone service for the rural communities of South West WA. Rurallink helps people deal with depression, suicide, anxiety, psychosis, mental health issues or mental health crisis.	1800 552 002
Salvo Care line	A 24 hour telephone counselling line providing a listening ear for people in a crisis situation.	9442 5777
SAMARITANS	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: 9381 5555 Country line: 1800 198 313 Youth line: 9388 2500 www.thesamaritans.org.au
Suicide Call Back Service	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.	1300 659 467 www.crisissupport.org.au
Veterans Line	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	1800 011 046 www.crisissupport.org.au

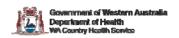
6. Disabilities		
Activ Foundation Inc.	Activ provides services and support to people with disability. It provides accommodation, recreation, respite, employment and life skills to people with disability and their families.	23 Sampson Rd, Bunbury 9791 3456 6/8-10 Prince St. Busselton 9754 2547
Advocacy Southwest	ASW advocates for people with disabilities, mental illness, and acquired brain injury who live in the south west region of WA.	9791 3293 0437 201 500. 32 Wittenoom Street, Bunbury WA 6230 www.advocacysouthwest.org.au
Disability Services Commission	Provides information, advocacy and support for people with disabilities	Unit 4, 8 Cassowary Bend, Eaton 6232 97241465 0408 919 313 www.dsc.wa.gov.au
Enable	Enable Southwest Inc. works alongside individuals and families of people with disabilities to meet their individual needs.	Po Box 6224, Bunbury 9792 7500 Fax: 9791 2776
Intework	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 9751 2774 0407 170 766 www.intework.org
Second Step	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 0438 907 046 www.secondstep.mysouthwest.com.au





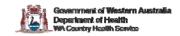
7. Domestic Violence / Sexual Assault		
DOVES	Family Domestic Violence Education, referral Coordination and resource support	PO Box 1 Manjimup <b>9771 7777</b>
Kids & Teens Waratah	Kids & Teens Waratah service provides counselling to both boys and girls who have experienced sexual abuse or domestic violence. Kids & Teens Domestic Violence service is for ages 5 - 16; Sexual Abuse service is for ages 5 - 12.	9792 4955 Fax: 9792 4959 www.waratah.asn.au
Men's Domestic Violence Helpline	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')	1800 000 599
Mooditj Healing Program	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. 9792 4344 www.waratah.asn.au
Sexual Assault Resource Centre	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: 9340 1820 Crisis Line: 9340 1828 Counselling: 9340 1899 1800 199 888
South West Refuge Inc.	The South West Refuge provides safe, supported accommodation and confidential assistance to women experiencing abuse/domestic violence crisis.	Po Box 1016, Bunbury 9791 2894 Fax: 9791 2376 www.swrefuge.com.au
WARATAH	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.	9791 2884 Fax: 9721 3102 1800 017 303 www.waratah.asn.au
Women's Domestic Violence Helpline	The Women's Domestic Violence Helpline provides free 24 hour telephone support and counselling for women experiencing family and domestic violence.	1800 007 339





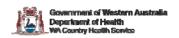
8. Family Support Services		
Bridgetown Family Support Services	Provides information and informal advice on a wide range of issues that affect family life. Acts as a referral service for families and individuals wishing to access community services and organizations.	Corner Roe & Steere Streets P.O. Box 260 Bridgetown W.A. 6255  9761 2139 www.bfcc.org.au
Bunbury Centrecare	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 9721 5177 Fax: 9791 1056 www.centrecare.com.au
Caring for Carers	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.	9258 3060 www.caring4carers.org.au
Collie Family Centre	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 9734 5343 Fax: 9734 5430 www.colliefamilycentre.org.au
Department of Community Development	Child protection, social worker and financial counselling available.	CRISIS – 1800 681 178  Bunbury – 9722 5000  Busselton – 9752 3666  Manjimup – 9771 1711  Collie – 9734 1699
Family Carer Support Program	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')	9791 1799
Family Relationship Centre	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 9792 1155 Fax: 9792 1166 Busselton: 9792 1155 Manjimup: 9792 1155 Margaret River: 9792 1155
Family Support Program	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')	9726 6709 www.redcross.org.au
Manjimup and Collie Aboriginal Health Service	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 9734 3581
Manjimup Family Centre	Provides a variety of family support programs and information resources.	13 Mount Street Manjimup WA 6258 9771 1653
Milligan House	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 9721 8944 Fax: 9791 6990 www.milligan.org.au
Morrissey Homestead	Home & Community Service providing Adult Day Respite, Midday Lunch, Socialising, Transport & Social Support. Youth programmes for young adults available.	123, South-Western Highway, Bunbury 9725 4699 Fax: 9725 6106
Multicultural Services Centre of WA inc.	Provides information, referral and advocacy for refugees and migrants and their dependants.	9a Wittenoom St, Bunbury 9791 5271





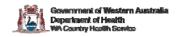
8. Family Support Services (Contd)		
Parent's Plus (REACH)	Provides family focused education, support and counselling to parents of 'at risk' young children (0-12) who may be experiencing a difficult situation or simply want advice	40, Charles St, Bunbury 9721 3511
Parkinson's Support Group	Local Support groups for suffers and carers of Parkinson's throughout the South West.	Bunbury: 97250435 Busselton: 97523728 Head Office: 9346 7373. www.parkinsonswa.org.au
Red Cross Carers Support Service	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 9726 6708
Red Cross - Commonwealth Respite & Carelink Centre	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 1800 052 222 9726 6746
Silver Chain	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: 9721 8311 Bridgetown: 9761 0000 Busselton: 9754 2880 Collie: 9734 4344 Harvey: 9729 3536 Manjimup: 9777 1055 Margaret River: 9758 9609 1300 650 803 www.silverchain.org.au
South West Aboriginal Medical Services	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> www.swams.com.au
South West Rural Respite services	Provides in home respite services for primary carers and as well ongoing support and information.	Unit 2, 8-10 Prince St, Busselton 9751 1077 0427 387 809 www.carealot.com.au
South West Emergency Care	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 9791 1335 Fax: 9791 3333
Telecross Services	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 9726 6708
The Compassionate Friends	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 9721 4303 1800 628 118 www.compassionatefriendswa.org.au





9. General Mental Health support		
Advocacy Southwest	ASW advocates for people with mental illness who live in the south west region of WA.	32 Wittenoom Street, Bunbury 9791 3293 0437 201 500. www.advocacysouthwest.org.au
Bunbury Pathways '92	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>
Depression And Anxiety Support Group	'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>
Even Keel	Provides support for sufferers of Bi-Polar and related disorders, their relatives and friends	Salvation Army 94 Kent St Busselton <b>9751 5866</b>
GP Division	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>
GPDown South	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>
GROW	Self-help and mutual support groups for the rehabilitation of people affected by mental illness and coping problems	1800 558 268 www.grow.net.au
Injury Council Of Western Australia	Information, Education, Training and resources for suicide prevention.	18, West St, Busselton 9754 0518 www.iccwa.org.au
LAMP inc.	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 9754 1834 Fax: 9754 1836 www.lampinc.org.au
Mental Illness Fellowship Of Western Australia	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</b> '92)	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> www.mifwa.org.au
Practical Support Program	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 'General Mental Health')	9726 6709 www.redcross.org.au
Richmond Fellowship	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> www.rfwa.org.au
TenderCare	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.	9300 5515





10. Men		
MATES - Men's Support group	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>
Men's Advisory Network (MAN)	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.	www.man.org.au
Men's Domestic Violence Helpline	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 'Domestic Violence')	1800 000 599
Men's family Relationship Services	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 9791 3213 www.aswa.org.au
Men's Sheds	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: 9765 1560 Bridgetown: 9622 3981 Bunbury: 9791 3293 Busselton: 9751 3415

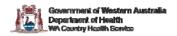
11. Women		
Childbirth, Stress and Depression Service	Support group for women who are feeling stressed/depressed before and/or after childbirth.	C/O Hudson Road Community Health Care Centre, Hudson Rd, Bunbury 0417 923 744 9795 2888 Fax: 9795 7062
Family Support Program	The Family Support program assists families with multiple births and/or where the mother is experiencing, or at risk of postnatal depression.  (See also 'Family Support')	9726 6709 www.redcross.org.au
Practical Support Program	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 'General Mental Health')	9726 6709 www.redcross.org.au
South West Women's Health and Information Centre	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 9791 3350 Fax: 9791 1810 1800 673 350 (enquiries /appointments) 1800 636 032 (unplanned pregnancy)
Teen's & Young Mum's Group	Bunbury support group for teens, young mums and mums to be at Milligan House.	9721 8944
Women's Information Service	A free, confidential telephone information service available to all women in Western Australia.	1800 199 174 www.community.wa.gov.au





12. Youth		
Alateen	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>
BUNYAP	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 'Accommodation')	40, Charles St, Bunbury <b>9791 3213</b> 89, Duchess St, Busselton: <b>9752 2855</b> <b>1800 001 590</b> www.aswa.org.au
COMIC WA (Children Of Mentally III Consumers)	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.	0413 487 045 www.comicwa.org
Mission Australia	Provide a number and programs and initiatives aiming to empower disadvantaged Youth and Communities through education, support and practical assistance	1300 886 999 www.missionaustralia.com.au
Reconnect	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 9791 3213 www.aswa.org.au
Revolution youth	Youth Group for over 12's	PO Box 1284 Manjimup 9777 2489 / 0405 932 876
True Colours	Provides local group and individual support to young people with a diverse sexuality and/or gender and their families in regional areas.	1300 663 298 www.unitingcarewest.org.au
Youth Focus	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 9361 4222 (duty officer) www.youthfocus.com.au
Youth Outreach Program	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 9721 5033 1800 641 375 www.jobssouthwest.com.au





#### **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





# Please record your own contacts/agencies for future reference.





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