

# Accessing services

Service information for health professionals and consumers can be accessed by contacting the Triage Officer.

## Wheatbelt Mental Health

PO Box 833, NORTHAM WA 6401

Phone: (08) 9621 0999

Fax: (08) 9622 2734

## Phone directory:

Rural Link: 1800 552 002

Beyond Blue: 1300 224 636

Wheatbelt Aboriginal Health Service: 9690 2888

Wheatbelt Health Network: 9621 4444

Holyoake Northam: 9621 1055

Avon Youth Services: 9622 2612

KEEDAC: 9881 6666

Avivo: 1300 428 486

Share and Care: 9622 2828

Amity Health: 9842 2797

Fresh Start Recovery Program: 9381 1333

Yorgum: 9218 9477

Yorgum freecall: 1800 469 371

Wungening Aboriginal Corporation: 9221 1411

Wanslea: 9245 2441

Suite 10/ 210 Fitzgerald Street

PO Box 833

NORTHAM WA 6401

**Merredin Hospital**

MERREDIN WA 6415

**Narrogin Hospital**

NARROGIN WA 6312

**Unit 1 Gingin Business Centre**

Brockman Street

GINGIN WA 6503

Phone: (08) 9621 0999

Fax: (08) 9622 2734

**For after-hours help:**

**Rurallink**

1800 552 002

TTY 1800 720 101



Endorsed by Wheatbelt Mental Health Consumer and Carer Advisory Group

To provide feedback on this publication email [wachs.comms@health.wa.gov.au](mailto:wachs.comms@health.wa.gov.au). Alternative formats can be provided on request. © WA Country Health Service.

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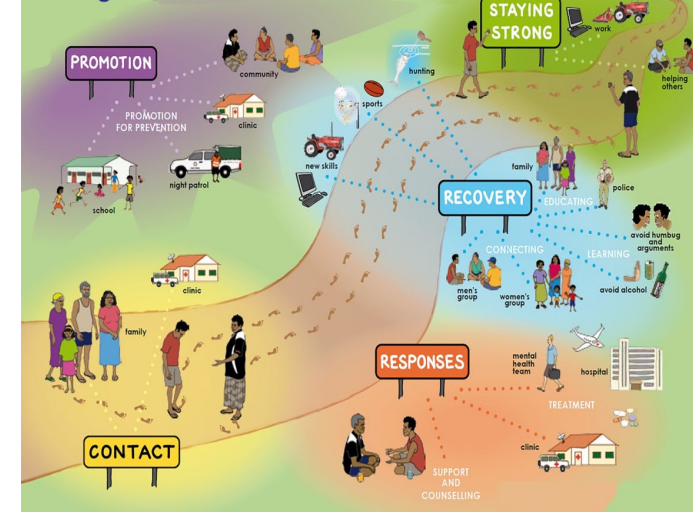
Government of Western Australia  
WA Country Health Service

# Wheatbelt Mental Health Service

## Aboriginal Mental Health

Providing free, confidential, quality, community mental health care to people of the Coastal and Wheatbelt Communities

## Aboriginal Mental Health Work



## Our aim

- To provide a seamless service between consumers, WA Country Health Service Wheatbelt Mental Health Service, general practitioners and other service providers.
- To ensure prompt and easy access to the service for clients, carers and referrers.
- To intervene early to minimise the impact of mental health issues on Aboriginal individuals, families and communities
- To strengthen cultural competence of the Wheatbelt Mental Health Service staff and facilitate access between services

## Who can we help?

- Child and Adolescent Mental Health Service: 0-18 years old
- Youth team: 15-25 years old
- Adult team: 18-65 years old
- Senior team: Aboriginal and Torres Strait Islanders from 55 years old
- People who reside in the Wheatbelt Mental Health Service catchment area
- Aboriginal people experiencing Cultural Bound Syndrome

By combining concepts of social and emotional wellbeing and Aboriginal ways of working, Aboriginal Mental Health Workers improve treatment outcomes for Aboriginal clients within both community mental health services and inpatient care.

## Can our service be of help to you?

### Are you experiencing any of the following?

- Difficulty managing day to day tasks due to changes in your mood.
- Stress and anxiety which make it difficult for you to cope.
- Feeling depressed.
- Persistent self-harm, suicidal thoughts or behaviours.
- Hallucinations, delusional thinking and thought disorder.
- Severe and prolonged emotional and behavioural reactions to traumatic events.

If you have answered “yes” to any of the above, then please contact your general practitioner or call the Wheatbelt Mental Health Service for further information.

## Services we offer

### Community mental health

The Wheatbelt Mental Health Aboriginal team consists of male and female Aboriginal Mental Health Workers who work alongside a multidisciplinary team that assists people from birth to end of life and their families who live in the Wheatbelt.

The community team can conduct assessments in your own home, in the clinic and other community health centres or hospitals. Follow up and management is planned on an individual basis.

### Carer / family support

To enhance the quality of life of carers and their families through the provision of culturally appropriate support, education and referral to other services

## How to get help

**You can get help for yourself or someone you care about by self-referral, walking in the door or phoning us.**

You can be referred by a doctor or other health professional. Other agencies can also refer you - for example schools.

You can self-refer by contacting the Triage Officer or by talking with your GP. The service is free and confidential.

Services are available Monday to Friday from 8.30am - 4.30pm, excluding public holidays.

For more information or you wish to make a referral call the Wheatbelt Mental Health Service on 9621 0999 to discuss your needs or concerns.

## Your role

To actively seek and participate in your mental health referral and treatment.

Participation of family members and significant others is important in your care and can be included in your care planning with your consent.