

OUR MENTAL HEALTH COUNSELLING PROGRAM



PROVIDING **FREE** COUNSELLING
through the
Integrated Primary Mental Health Care (IPMHC) Program



GREAT SOUTHERN &
WHEATBELT REGIONS

This service is not suitable to those currently
in crisis or requiring urgent assistance.

WHAT IS THE MENTAL HEALTH COUNSELLING PROGRAM?

It's a program offering free support for people who are experiencing mental health challenges.

Our clinicians will work alongside you with the aim to help you optimise your mental health and wellbeing. Our program is designed to support you through two options.

WHAT ARE THE PROGRAM OPTIONS?

1. Wellbeing Counselling (self or GP referral)
2. Mental Health Therapy (GP or other health professional referral)

WHO IS ELIGIBLE

People who:

- are struggling with mental health issues
- are experiencing financial hardship
- live in the Great Southern or Wheatbelt regions of Western Australia
- are not accessing other mental health services
- are aged 7 years and above

OPTION ONE

WELLBEING COUNSELLING Self-referral

The self-referral Wellbeing Counselling option is available to people 18+ years. We offer 3 sessions that will help you to focus on the here and now, providing you with support, education and skill development to help improve your mental wellbeing.

This program can help you if you:

- have low mood or feelings of sadness
- find it difficult to do everyday things because of how you feel
- worry more than usual
- are unable to relax because of your thoughts and feelings
- avoid doing things because it makes you feel anxious

REFERRALS FOR OPTION ONE

- We accept self-referrals or you can contact our mental health team who will be very happy to discuss your needs.
- GPs and other health professionals are also able to refer to this service.

Once your referral form is submitted, we will contact you within 7 business days to discuss how we can help you with your wellbeing plan.



Providing Health & Wellbeing Solutions

Contact Us:

Our friendly team would be happy to assist with your enquiries.

We are open from Monday to Friday from 8.00 am to 5:00 pm and can be reached on:

t: (08) 9842 2797

e: query@amityhealth.com.au

Or you may like to visit our website at: www.amityhealth.com.au

**Amity Health is located at:
136 Lockyer Avenue
Albany Western Australia 6330**

ABOUT US

Amity Health is a not-for-profit organisation providing health and community programs and services to people living in regional areas across the Great Southern, Wheatbelt, South-Coastal Goldfields and Mid-west regions of WA.

If you are in crisis or require urgent attention, please present to your nearest hospital, contact your GP or get in touch with one of the following:

- **Lifeline 13 11 14 (24/7)**
- **Beyond Blue 1300 224 636 (24/7)**
- **Kids Helpline 1800 551 800**
- **13 YARN (13 92 76) (24/7)**
- **Rurallink 1800 552 002**



Amity Health acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN,

OPTION TWO

MENTAL HEALTH THERAPY

Sometimes you may need a little more help especially if you've previously experienced mental health challenges, or you are currently struggling with your mental health.

Our Mental Health Therapy is for 7 years and above, and includes 6 - 10 sessions. This may be a good fit for you.

We suggest you have a chat with your GP who can help determine if this program is the right option. Your GP can then provide a referral into this program.

REFERRALS FOR OPTION TWO

- A referral from a GP, Psychiatrist or Paediatrician is required.
- Referrals from other health professionals will be considered.

This service is not suitable to those currently in crisis or requiring urgent assistance.