



Providing Health & Wellbeing Solutions

## About Amity Health

Amity Health is a not-for-profit organisation providing country people with the best possible access to health services.

We work in partnership with government and non-government agencies, and health service providers to offer services, support, advocacy, leadership and coordination in the delivery and promotion of primary health care in the Great Southern, Wheatbelt, South-East Coastal Goldfields, and Midwest regions.

Amity Health is a registered NDIS provider and in our Albany office, we have a range of visiting specialists.

Our programs and services provide support to children and families, Aboriginal and Torres Strait Islander peoples, and people with chronic conditions and mental health issues.

Amity Health - Providing Health & Wellbeing Solutions to Regional WA.



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



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# MENTAL HEALTH SERVICES

## Great Southern, Wheatbelt & Midwest

### A Quick Reference Guide

#### Mental Health Care Options:



- Counselling
- Art Therapy
- Child Psychology
- Residential Aged Care Facilities
- Employee Assistance Programs



[www.amityhealth.com.au](http://www.amityhealth.com.au)



# MENTAL HEALTH SERVICES

Great Southern, Wheatbelt & Midwest

## FEE FOR SERVICE

### MENTAL HEALTH COUNSELLING

Assessment & treatment for children, adolescents and adults experiencing mild to moderate mental health issues.

### ART THERAPY

Individual or small group family sessions for children, teens and adults.

A form of psychotherapy that uses art media and creative processes involving a bodymind focus to support personal change, insight, self-expression and healing.

Suitable for trauma, chronic pain, anxiety and mood disorders, working through life issues and to support wellbeing.

Albany only.

### CHILD PSYCHOLOGY

Assessment and intervention for children, teens, parents/families presenting with developmental, behavioural and mental health concerns.

An individualised process tailored to the needs of each child/teen.

In addition, ADHD assessments are available for children aged 6 - 18 years of age.

### EMPLOYEE ASSISTANCE PROGRAM

Small to mid-size organisations can contract Amity Health to provide EAP services for their employees. Please direct enquiries to: [eap@amityhealth.com.au](mailto:eap@amityhealth.com.au)

For referral forms, please go to [www.amityhealth.com.au/referral-forms](http://www.amityhealth.com.au/referral-forms)

## FUNDED PROGRAMS

### COUNSELLING

Integrated Primary Mental Health Care Program (IPMHC)

Tailored mental health counselling program for low to moderate mental health conditions.

Delivered over a period of 3 - 10 weeks via face-to-face or telehealth.

### COUNSELLING

IPMHC Program in Residential Aged Care Facilities - RACFs

Mental health care services 'Connections Count', to people living in various RACFs in the Great Southern, Wheatbelt, and Mid-West regions.

### Location offered

Regions:

- Great Southern
- Coastal Wheatbelt
- Central & Eastern Wheatbelt
- Southern Wheatbelt

### Eligibility

Low income and/or socially disadvantaged.

Mild to moderate mental health issues.

Clients NOT currently in crisis or need of urgent care.

### Location offered

Specific RACFs in:

#### Great Southern:

- Albany
- Katanning
- Kojonup

#### Wheatbelt:

- Brookton
- Kellerberrin
- Narrogin
- Northam
- Wagin
- York

#### Mid-West

- Geraldton

### Eligibility

Must be a resident of specified RACF.

Must be at risk of, or have a, mild to moderate mental health illness.

**EXCLUDING:** dementia, delirium & severe, persistent & complex mental illness.