



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:



- Mental Health Counselling
- Art Therapy
- Psychology
- Chronic Pain Counselling
- Residential Aged Care Facilities
- Employee Assistance Programs



www.amityhealth.com.au



MENTAL HEALTH SERVICES

Great Southern, Wheatbelt & Midwest

FEE FOR SERVICE OPTIONS

MENTAL HEALTH COUNSELLING

Assessment & treatment for children, adolescents and adults experiencing mild to moderate mental health issues, eg: mood disorders, trauma

ART THERAPY

For children, teens and adults. A psychotherapy that uses art media and creative processes involving a bodymind focus to support personal change through self-expression.

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

PSYCHOLOGY

For people across the ages of 10 - 67 years of age, with mental health concerns such as anxiety, depression, grief, stress and trauma related difficulties, and other emotional and self-regulation challenges.

Sessions are in-person Mondays to Wednesdays from the Albany office. Telehealth is available if required.

CHRONIC PAIN COUNSELLING

Teens (+16yrs) and adults experiencing chronic pain for 6 months or longer eg: back pain, fibromyalgia, neuropathic pain.

Individualised counselling based on contemporary pain science models and practices.

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

For referral forms, please go to www.amityhealth.com.au/referral-forms

FUNDED PROGRAMS OPTIONS

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.

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.

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

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.