



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 and 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 provide support to children and families, Aboriginal people, and people with chronic disease 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 for Health Practitioners

### Mental Health Care Services



- Mental Health Counselling
- Art Therapy
- Chronic Pain Counselling
- 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 OPTIONS

### MENTAL HEALTH COUNSELLING

Assessment & therapy for children, teens and adults experiencing mild to moderate mental health issues, involving a range of psychological strategies, attachment and trauma-informed practice.

### 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, mood disorders, and working through life issues 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](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 PROGRAM 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.

### 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 Midwest 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

#### MIDWEST:

- 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.