

WHEATBELT SUPPORT SERVICES

Place-based Support

**categorised based on primary core business, please refer to description for a more comprehensive list of services provided by each organisation/service provider.*

1. Alcohol and Other Drug (AOD) Services

HOLYOAKE

- AOD Counselling for individuals and significant others
 - Holyoake offers counselling and support to people who may be experiencing problems with their own or someone else's substance use. Individual counselling and group counselling is available along with specially designed programs to assist individuals and their families to cope with the consequences of AOD use. Our team provides specialised counselling and support for:
 - Individuals
 - Significant others
 - Families
 - Youth
 - Holyoake also provides Afterhours support for individuals that are unable to attend the office during business hours. This includes evenings and weekends by appointment only.
- Integrated Support Team
 - Holyoake's Integrated Support Team offers a holistic approach to caring for individuals impacted by the harms of AOD use. The team consists of a Clinical Case Manager, Peer Support Workers, and a Doctor, who provide wrap around support in the form of medical assessments, pharmacotherapy, case management, counselling, mentoring, advocacy and group therapy programs.
- AOD Court Diversion Programs
 - Specialised Court Diversion Officers attend court in Northam, Narrogin, Merredin and Moora. They support people who are eligible and who wish to participate in a pre-sentence AOD support program. These programs are available for adults and youth.

- WCADS Prevention Team

- Holyoake’s Wheatbelt Prevention Team offers prevention activity/initiatives to individuals, service providers, workplaces and communities in relation to mental health and wellbeing, suicide prevention and alcohol and other drug harm minimisation. Preventative activities include Community Wellbeing Plans, Suicide Prevention Community Action Plans, Alcohol and Other Drug Management Plans, education, training and workshops for professionals, paraprofessionals, volunteers and community members, community awareness campaigns, workplace wellbeing and professional self-care presentations and resources, postvention support and the production of the Yirra Koorl Newsletter.
 - Wheatbelt Suicide Prevention Coordinator (Jo Drayton) - 0436 000 514 or JDrayton@holyoake.org.au
 - Wheatbelt AOD Prevention Officer (Jo Woodruff) - 0475 506 963 or JWoodruff@holyoake.org.au
 - Wheatbelt AOD Prevention Officer (Jess Daniels) – 0488 754 390 or JDaniels@holyoake.org.au
 - Generic email - WCADSpvention@holyoake.org.au

- Aftercare Coordinator program (ACC)
 - Holyoake’s Wheatbelt Suicide Support Aftercare Coordinator program (ACC) offers support to individuals in the Wheatbelt of all ages who have recently attempted suicide or are experiencing suicidal thoughts. Intensive ongoing case management support, skill development, and suicide risk assessment and monitoring are offered at no cost. Through case management support, the Aftercare Coordinator can link an individual and significant other(s) (parents/carers/siblings/daughter/son) with other agencies to provide additional support as needed. GPs and hospital staff are encouraged to refer to Holyoake’s ACC program for individuals who are considered low to moderate risk of suicide, where their suicidality has been triggered by a life stressor. If an individual is considered high risk, the person should be referred to the Wheatbelt Mental Health Service.
 - Aftercare Coordinator (Andrew Williams) - AWilliams@holyoake.org.au

Holyoake office locations:

Narrogin: 9881 1999 or adminnortham@holyoake.org.au
Northam: 9621 1055 or adminnortham@holyoake.org.au
Merredin: 9621 1055 or adminnortham@holyoake.org.au
Prevention Team: 9881 1999 or wcadsprevention@holyoake.org.au
Website: <https://holyoake.org.au/>

2. Aboriginal and/or Torres Strait Islander Services

SOUTH WEST ABORIGINAL MEDICAL SERVICE (SWAMS)

- GP Clinic – Tuesday 11am – 5pm & Wednesday 9am – 2pm
- Nurse or Aboriginal Health Practitioner Clinic – Monday & Thursday 9am – 5pm
- Counsellor – Monday & Tuesday 9am – 5pm

Location:

- Narrogin
Shop 1/83 Federal Street, Narrogin WA 6312
9891 4600

Website: <https://www.swams.com.au/>

SOUTHERN ABORIGINAL CORPORATION (SACORP)

SAC's mission is to provide effective representation and resource delivery for Indigenous people on issues of health, housing, recreation, employment, education, and training whilst promoting Noongar social and cultural values in the Great Southern and South-West regions of Western Australia.

9842 7777

reception@sacorp.com.au

Website: <https://www.sacorp.com.au/>

MOORDITJ YOUTH

Moorditj Youth Foundation Aboriginal Corporation provides culturally appropriate and secure mentoring, advocacy, liaison and support services to Aboriginal families, children and youth in the Wheatbelt region.

Malcolm Jetta: 0402 492 886 or malcolm@moorditjyouth.com

AS ONE NYITTING

Provision of Cultural Pathways that empower First Nations people to connect with and protect Traditional Culture for future generations.

Office Locations: Northam and Moora

Phone: 0400 948 732 or 0400 928 147

KEEDAC

- KEEDAC are currently funded to provide NPSM program (National Psychosocial Support Measure) with funding from WAPHA (WA Public Health Alliance)
- The Thrive program, a joint venture between KEEDAC and WANSLEA, funded by the State Department of Communities, to train public housing tenants to look after their property, manage their finances and keep up to date with rental payments, so that they can keep their property as good tenants.
- Centrelink Agency operated by KEEDAC on behalf of Services Australia in Narrogin.
- Department of Justice eCourts system, where we are registered to provide alternatives to Aboriginal offenders who have fines, to pay them off through attendance at our community centre courses.

Head office:

129 Federal St
NARROGIN 6312
Phone 0491 842 491

Community Hub:

2 Grant Street
NARROGIN 6312

Northam office:

329-331 Fitzgerald Street
NORTHAM 6401
Phone 08 9622 8211

Email: reception@keedac.org.au or CEO Leanne Kickett leanne@keedac.org.au

Website: <https://keedac.com/>

WHEATBELT HEALTH NETWORK

- GP, Nursing & Outreach
- ITC Program
 - Help to plan allied health provider appointments
 - Update GP about progress
 - Organise client transport for specialist appointments
 - Provide information and support about chronic condition/s
 - Provide support to access other support services such as telehealth
 - Encourage and support self-management

Locations:

- **Northam**
25 Holtfreter Avenue, Northam WA 6401
Phone: 08 9621 4444
Open: 8am to 6pm (Monday to Friday)
- **Northam – Aboriginal Health**
65 Wellington Street, Northam WA 6401

Phone: 08 9690 2824

Open: 8:30am to 4:30pm (Monday to Thursday)

○ **Narrogin**

Williams Road, Narrogin WA 6312

Phone: 9881 0385

Open: 8:30am to 4:30pm (Monday to Tuesday)

○ **Toodyay**

Alma Beard Medical Centre

81 Stirling Terrace, Toodyay WA 6566

Phone: 08 9578 2500

Open: 8:30am to 4:30pm (Monday to Friday)

Website: <https://www.wheatbelt.com.au/>

Family and Domestic Violence Services

SHARE AND CARE

Wheatbelt:

- Rainbow Women's Centre (Family & Domestic Violence) - 9881 6810
- Family & Domestic Violence Outreach & Counselling Services
- Family and Domestic Violence Child Support
- Emergency Relief Program Covers
- Emergency Accommodation Program Covers
- Family and Domestic Violence Co-ordinated Response Service
- Financial Counsellor Program
- Mental Health Support Service (Includes Suicide Bereavement)
- Family & Domestic Violence Outreach Counselling Service
- Family & Domestic Violence Northam Mobile Outreach Service
- Homeless Support Service
- Jacaranda Homeless Women's Shelter
- Willow House Homeless Men's Lodge
- Homemaker Program for Homeless, Emergency Relief, Mental Health and Financial Counselling
- Safe At Home
- Men's Social Support Service

Northam:

- Seniors Social Club
- Commonwealth Home Support Program
- Home Care Packages

9622 2828

admin@shareandcare.com.au

Website: <http://www.shareandcare.com.au/>

3. Financial Services

RURAL WEST

Rural West provides a free, confidential, mobile financial counselling to regional small businesses and all primary production enterprises in WA, who are navigating their way through difficult and turbulent times.

We can:

- Give a hand to deal with immediate issues
- Identify financial implications
- Develop solution sets for a way forward
- Facilitate negotiations with lenders
- Identify available assistance schemes
- Give a hand to develop longer term solutions

Phone: 1800 612 004

Email: enquiries@ruralwest.com.au

Website: www.ruralwest.com.au

NARROGIN FINANCIAL COUNSELLING SERVICE

Narrogin Financial Counselling Service provides free, confidential, and independent support to individuals and families experiencing financial crisis. We can work with you to:

- provide advice if you're struggling to pay bills or debts
- help you negotiate with government agencies, utilities, telcos, debt collectors and other creditors
- refer you to other services you might need, such as legal, health and crisis services
- assist with applications to WANILS, the Hardship Utility Grant Scheme, and other support services

Mackie Park, Corner Fortune and Federal Street, Narrogin WA 6312

Phone: 9881 1363

Email: ngnfincoun@westnet.com.au

4. Health Services

Hospitals, Health Centres, Nursing Posts & General Practitioners (GP's):

Narrogin –

- Narrogin Health Service
43-56 Williams Road, Narrogin WA 6312
9881 0333
- Earl Street Surgery
92 Earl Street, Narrogin WA 6312
9881 1333
reception@earlstreetsurgery.com.au
- John Parry Medical Centre
57 Williams Road, Narrogin WA 6312
9881 1100
reception@jpmedical.com.au

Northam –

- Northam Health Service
50 Robinson Street, Northam WA 6401
9690 1300
- Northam Family Practice
33 Wellington Street E, Northam WA 6401
9621 9500
reception@northamfamilypractice.com.au
- Wheatbelt Health Network
25 Holtfreter Avenue, Northam WA 6401
9621 4444
northam@wheatbelt.com.au
- Grey Street Surgery
16 Grey Street, Northam WA 6401
9622 1599

Beverley –

- Beverley Health Service
1 Sewell Street, Beverley WA 6304
9646 3200
beverley.hospital@health.wa.gov.au

- Beverley Medical Centre
106 Forrest Street, Beverley WA 6304
9646 1241
beverleymedical@westnet.com.au

- Vines Medical Practice
135 Vincent Street, Beverley WA 6304
9468 3606
vinesmedicalpractice@gmail.com

Boddington –

- Boddington Health Service
53-61 Hotham Avenue, Boddington WA 6390
9883 4444

Brookton –

- Brookton Medical Centre
27 (Lot 456) Whittington Street, Brookton WA 6306
9642 1485
brooktonmp@westnet.com.au
- Vines Medical Practice
12 William Street, Brookton WA 6306
9468 3606
vinesmedicalpractice@gmail.com

Bruce Rock –

- Bruce Rock Memorial Health Service
35 Dunstall Street, Bruce Rock WA 6418
9061 0222
- Bruce Rock Medical Centre
16 Butcher Street, Bruce Rock WA 6418
9061 1166
reception@brucerockmed.net

Chittering –

- Chittering Health Centre
6138 Northern Highway, Bindoon WA 6502
9576 1091
reception@chitteringhealth.com.au

Corrigin –

- Corrigin Health Service
49 Kirkwood Street, Corrigin WA 6375
9063 0333
corrigin.hospital@health.wa.gov.au
- Corrigin Medical Centre
5 Murphy Street, Corrigin WA 6375
9063 2107
reception.corrigin@gmail.com

Cunderdin –

- Cunderdin Health Centre
55 Lundy Avenue, Cunderdin WA 6407
9635 2222
cunderdin@health.wa.gov.au

Dalwallinu –

- Dalwallinu Health Service
Myers Street, Dalwallinu WA 6609
9661 0200

Dumbleyung –

- Dumbleyung Health Service
34 McIntyre Street, Dumbleyung WA 6350
9863 5222
dumbleyung@health.wa.gov.au

Gingin –

- Gingin Medical Centre
1 Lily King Place, Gingin WA 6503
9575 2300

Goomalling –

- Goomalling Health Service
52 Forrest Street, Goomalling WA 6460
9629 0100
- Goomalling Medical Centre
51 Railway Terrace, Goomalling WA 6460
9629 1166
surgery@goomalling.wa.gov.au

Jurien Bay –

- Jurien Bay Health Centre
23 Whitfield Road, Jurien Bay WA 6516
9652 0200
healthcentre.jurienbay@health.wa.gov.au

Kellerberrin –

- Kellerberrin Memorial Health Service
51-63 Gregory Street, Kellerberrin WA 6410
9045 6222
kellerberrin.hospital@health.wa.gov.au
- Kellerberrin Medical Centre
13 Moore Street, Kellerberrin WA 6410
9045 4301
kellersurg@gmail.com

Kondinin –

- Kondinin Health Service
130 Graham Street, Kondinin WA 6367
9894 1222
KHS.Managers@health.wa.gov.au

Kulin –

- Kulin Medical Centre
Lot 310 Johnston Street, Kulin WA 6365
9880 1315
medical@kondinin.wa.gov.au

Kununoppin –

- Kununoppin Health Service
Leake Street, Kununoppin WA 6489
9683 0222
kununoppin.hospital@health.wa.gov.au

Lake Grace (also services Newdegate) –

- Lake Grace Health Service
Memorial Drive, Lake Grace WA 6353
9890 2222

Lancelin –

- Juniper Health & Medical Services
61 Gingin Road, Lancelin WA 6044
9655 2202
lancelinmedical@bigpond.com

Merredin –

- Merredin Health Service
37 Kitchener Road, Merredin WA 6415
9081 3222
- Merredin Medical Centre
91 Todd Street, Merredin WA 6415
9041 2900
admin.mmc@westnet.com.au
- Karis Medical Group
36 Bates Street, Merredin WA 6415
9041 3126
info@karismedicalgroup.com.au

Moora –

- Moora Health Service
Dandaragan Street, Moora WA 6510
9651 0222
- Moora Health Centre
65 Kintore Street, Moora WA 6510
9651 1433
mhcadmin@westnet.com.au

Mukinbudin –

- Mukinbudin Nursing Post
Corner Ferguson and Maddock Street, Mukinbudin WA 6479
9047 1123
mukinbudin.nursingpost@health.wa.gov.au

Narembeen –

- Narembeen Memorial Health Service
Ada Street, Narembeen WA 6369
9064 6222
narembeen.hospital@health.wa.gov.au
- Narembeen Medical Centre
19 Churchill Street, Narembeen WA 6369
9064 7145

reception@narembreenmedical.com.au

Pingelly –

- Pingelly Health Service
32 Brown Street, Pingelly WA 6308
9887 2222
- Pingelly General Practice
38 Stratford Street, Pingelly WA 6308
9887 0212

Quairading –

- Quairading Health Service
19 Harris Street, Quairading WA 6383
9645 2222

Southern Cross –

- Southern Cross Health Service
Coolgardie Road, Southern Cross WA 6426
9081 2222
- Southern Cross General Practise
Corner of Altair and Achernar Street, Southern Cross WA 6426
9049 1147
reception@sxgp.com.au

Wagin –

- Wagin Health Service
9 Warwick Street, Wagin WA 6315
9861 3444
- Wagin General Practice
Lot 299 Tavistock Street, Wagin WA 6315
9861 1633

Wickepin –

- Wickepin Health Centre
28 Johnston Street, Wickepin WA 6370
9888 2222
wickepin.health@health.wa.gov.au

Williams –

- Williams Health Centre
3 Adam Street, Williams WA 6391
9885 2600

Wongan Hills –

- Wongan Hills Health Service
Lot 199 Ackland Street, Wongan Hills WA 6603
9691 1222

Wundowie –

- Wundowie Health Centre
283 Boronia Ave, Wundowie WA 6560
9573 6741

Wyalkatchem –

- Wyalkatchem-Koorda Health Service
9 Honour Avenue, Wyalkatchem WA 6485
9692 1222
wyalkatchem@health.wa.gov.au
- Koorda Health Centre
10 Haig Street, Koorda WA 6475
9684 1679

York –

- York Health Service
Trews Road, York WA 6302
9641 0200
york.hospital@health.wa.gov.au
- York General Practice
6 Howick Street, York WA 6302
9641 0000

WA COUNTRY HEALTH SERVICE (WACHS)

The WA Country Health Service is committed to providing accessible health services to the regional population, and a quality health care workforce.

- Hospital & ED Services
- Population Health
- Mental Health Services
- Aboriginal Mental Health Services
- Aged Care Services

- Aboriginal Health Services
- Social Work Services
- Allied Health Services (Occupational Therapy, Physiotherapy, Speech Pathology, Dietetics)
- Telehealth Services
- Child Health Services
- Community Midwife

Hospital locations:

- **Northam Health Service**
50 Robinson Street, Northam WA 6401
9690 1300
- **Narrogin Health Service**
43-56 Williams Road, Narrogin WA 6312
9881 0333
- **Merredin Health Service**
37 Kitchener Road, Merredin WA 6415
9081 3222
- **Moora Health Service**
Dandaragan Street, Moora WA 6510
9651 0222

*There are also 18 smaller hospitals and 10 health centres and nursing posts, further information and contact details can be found in the above section titled '*Hospitals, Health Centres, Nursing Posts & General Practitioners (GP's)*'.

Population Health:

Wheatbelt Population Health is a strong, diverse and high-performing health service that puts the health of country people first. Our priority action areas are:

- Maternal and child health and development
- Chronic disease prevention and self-management
- Public health and communicable (infectious) disease control
- Aboriginal health

Population Health teams and details as follows -

- **Wheatbelt Aboriginal Health Service**
Address: 65 Wellington Street, Northam
Phone: 9690 2888
- **Wheatbelt Public Health Unit**
Address: Northam Health Service, Robinson Street, Northam
Phone: 9690 1734
- **Avon and Central Primary Health Service** (servicing Northam, Beverley, Cunderdin, Goomalling, Quairading, Wundowie and surrounds)

Address: Northam Health Service, Robinson Street, Northam

Phone: 9690 1320

- **Western Wheatbelt Primary Health Service** (servicing Moora, Chittering, Dalwallinu, Jurien Bay, Lancelin, Wongan Hills, York and surrounds)

Address: Jurien Bay Health Centre, Whitfield Street, Jurien Bay

Phone: 9652 0200

- **Eastern Wheatbelt Primary Health Service** (servicing Merredin, Bruce Rock, Kellerberrin, Kununoppin, Mukinbudin, Naremben, Southern Cross, Wyalkatchem and surrounds)

Address: Corner Mitchell and Queen Streets, Merredin

Phone: 9041 0444

- **Southern Wheatbelt Primary Health Service** (Narrogin, Boddington, Corrigin, Dumbleyung, Kukerin, Lake Grace, Pingelly, Wagin, Wickepin, Williams and surrounds)

Address: Narrogin Health Service, Williams Road, Narrogin

Phone: 9881 0385

Website: <https://www.wacountry.health.wa.gov.au/Our-services/Wheatbelt>

AMITY HEALTH

- Aboriginal and Torres Strait Islander Mental Health Wellbeing & Resiliency Program
Locations: Narrogin, Merredin, Moora
- Aboriginal and Torres Strait Islander Integrated Team Care
Locations: Southern and Coastal Wheatbelt
- Integrated Chronic Disease Care Program
Locations: Southern, Eastern and Coastal Wheatbelt
- Child and Parents Support Program (CaPS)
Location: Narrogin
- Integrated Primary Mental Health Care Program (IPMHC)
Location: Narrogin, Merredin, Northam and Moora
- Healthy Country Kids Playgroup, Merredin Community College
- NDIS Mental Health Support
Location: Merredin and surrounds

9842 2797

query@amityhealth.com.au

Website: <https://www.amityhealth.com.au/>

5. Housing Services

DEPARTMENT OF COMMUNITIES

Department of Communities work collaboratively with their partners across government and the community services sector to deliver disability services, child protection and family support, housing, and community and regional initiatives.

General housing enquiries including eligibility for public housing; bond assistance; and tenancy matters.

Locations:

- Northam
5 Elizabeth Place, Northam WA 6401
9690 1900

- Narrogin
11-13 Park Street, Narrogin WA 6312
9881 9400

Website: <https://www.wa.gov.au/organisation/department-of-communities>

6. Mental Health Services

WACHS COMMUNITY MENTAL HEALTH SERVICE

Providing high quality and culturally secure care and treatment for people experiencing mental health problems, including alcohol and substance use disorders.

Clinical programs include:

- Aboriginal Mental Health Program (all ages)
- Adult Mental Health Program (18-65 years)
- Child and Adolescent Mental Health Program (0-18 years)
- Seniors Mental Health Program (65+ years)
- Youth Mental Health Program (15-24 years)

Locations:

- Northam
Suite 10/210 Fitzgerald Street, Northam WA 6401
Wheatbelt.MentalHealthService@health.wa.gov.au

- Narrogin
Narrogin Health Service, Williams Road, Narrogin WA 6312
Wheatbelt.MentalHealthService@health.wa.gov.au

- Merredin
Merredin Health Service, Kitchener Road, Merredin WA 6415
Wheatbelt.MentalHealthService@health.wa.gov.au
- Gingin
Unit 1 Gingin Business Centre, Brockman Street, Gingin WA 6503
Wheatbelt.MentalHealthService@health.wa.gov.au

For information and assistance call the Advice, Consultation, Collaboration and Entry Support Service (ACCESS) on (08) 9621 0999.

Website: <https://www.wacountry.health.wa.gov.au/Our-services/Wheatbelt/Wheatbelt-health-services/Wheatbelt-mental-health-services>

HEADSPACE

headspace provide a range of services to young people aged 12 to 25 years including:

- Mental Health Services
- Sexual Health Services
- Alcohol and Drug Services
- Work & Study Services.

Location:

- Northam
98 Fitzgerald Street East, Northam, 6401
9621 5000
reception@headspacenortham.com.au

<https://headspace.org.au/headspace-centres/northam/>

CENTRAL, WHEATBELT AND SOUTHERN AGCARE

Free counselling services for individuals in rural and regional areas.

- Central AgCare
ceagcare@bigpond.com
- Southern AgCare
9827 1552
admin@southernagcare.org.au
www.southernagcare.org.au
- Wheatbelt AgCare
9046 5091
wheatbeltfamily@wn.com.au

PRIVATE PSYCHOLOGISTS

Lynette Mutton

Location:

- Narrogin
72 Earl Street, Narrogin WA 6312
9881 2760

YOUTHCARE

- School Chaplaincy
 - Critical Incident Response
 - Programs: Treasure Hunters, In-class CRE, Peer Skills, GRIT
-
- Area Chaplain: Andrew Hadfield
9376 5000
Andrew.Hadfield@youthcare.org.au
Website: <https://www.youthcare.org.au/>

7. Social Services

AMITY HEALTH

- Aboriginal and Torres Strait Islander Mental Health Wellbeing & Resiliency Program
Locations: Narrogin, Merredin, Moora
- Aboriginal and Torres Strait Islander Integrated Team Care
Locations: Southern and Coastal Wheatbelt
- Integrated Chronic Disease Care Program
Locations: Southern, Eastern and Coastal Wheatbelt
- Child and Parents Support Program (CaPS)
Location: Narrogin
- Integrated Primary Mental Health Care Program (IPMHC)
Wheatbelt, from locations in Narrogin, Merredin, Northam and Moora
- Healthy Country Kids Playgroup, Merredin Community College
- NDIS Mental Health Support
Location: Merredin and surrounds

9842 2797

query@amityhealth.com.au

Website: <https://www.amityhealth.com.au/>

AVIVO

- In-home Support
- Recovery Support
- Community Support
- Non-Clinical Mental Health Program

Non-clinical support for people who are not accessing services through the National Disability Insurance Scheme (NDIS), living with a mental health condition that directly impacts their everyday life and are seeking assistance in their recovery journey.

The program offers one-on-one support to:

- Connect with clinical care and other services
- Build capacity in managing day-to-day activities
- Strengthen social skills, friendships and relationships with family
- Increase educational, vocational, and training skills.
- Support with testing NDIS eligibility

Eligibility:

- Aged between 16 to 65 years

- Reside in the Wheatbelt
- Have an associated level of reduced psychosocial functional capacity
- Not receiving funding from the NDIS

1300 428 486

hello@avivo.org.au

Website: <https://www.avivo.org.au/>

AVON COMMUNITY SERVICES

- Housing Services
- Youth Services

Locations:

- Northam
371 Fitzgerald Street, Northam WA 6401
administration@avoncs.org.au
- Narrogin
55 Fairway Street, Narrogin WA 6312
narrogin.youth@avoncs.org.au
- Merredin
33 Bates Street, Merredin WA 6415
merredin.youth@avoncs.org.au
- Moora
75 Roberts Street, Moora WA 6510
moora.youth@avon.org.au

Phone: 9622 2612

Website: <https://www.avoncs.org.au/>

EXPLORABILITY INC

Individual advocacy for people with a disability, their families, and carers through Western Australia.

6361 6001 (Free call 1800 290 690)

admin@explorability.org.au

Website: <https://www.explorability.org.au/>

REGIONAL MENS HEALTH INITIATIVE

- Warrior Education Sessions

- Fast Track Pit Stop
- Advocacy

Location:

- Northam
75 Northam-Pithara Road, Northam WA 6401
9690 2277

menshealth@4blokes.com.au

Website: <https://regionalmenshealth.com.au/>

RURAL AID

Rural Aid is one of Australia's largest rural charities. Well known for the highly successful 'Buy a Bale' campaign, the charity also provides financial assistance, water and counselling to farmers in times of drought, flood or fire.

Rural Aid mental health and wellbeing team provide a range of free services from health promotion and early intervention, through to counselling to support good mental health, for farmers, farming families and rural communities.

The service has 2 programs –

- *Disaster Assistance* - Provision of psychoeducation workshops for disaster preparedness, disaster recovery support, psychological first aid, school-based workshops for children who have been impacted by a natural disaster, and individual and family counselling or wellness coaching post disaster. Counsellors can provide services face to face at a place of the clients convenience, on farm, in town or via phone or video call.
- *Stronger Futures* - Provision of generalist mental health support including targeted wellness workshops for rural children, psychosocial education, and individual or family counselling. Counsellors can provide services face to face at a place of the client's convenience, on farm, in town or via phone or video call.

1300 327 624 (or 07 3153 4628)

contact@ruralaid.org.au

Website: <https://www.ruralaid.org.au/>

WHEATBELT COMMUNITY LEGAL CENTRE

Wheatbelt Community Legal Centre provides free legal advice, advocacy, and representation in areas of family law, family violence, child protection, tenancy and housing, criminal injuries compensation and general civil matters. We provide outreach services to Merredin Moora and Narrogin, as well as a duty lawyer service at these regional courts. We provide Community Legal Education sessions for large or small groups to assist with broader understanding of the legal processes or specific areas of law.

Location:

- Northam
327 Fitzgerald Street, Northam WA 6401
9622 5200

Website: www.wheatbeltclc.com.au

WANSLEA

At WANSLEA, our mission is to promote community, family and individual development. By helping families to thrive, we're working towards a healthier, safer, more inclusive Australia. We support families across Western Australia, Tasmania and the Northern Territory.

Wheatbelt programs include:

- Housing Support (Thrive)
- Grandcare
- Grandcarers Support Scheme
- Family Care Support Service
- Parenting Connection WA
- Intensive Family Support Service
- Early Childhood Approach (ECA)
- Family Day Care
- In-home Care
- Inclusion Support

Location:

- Northam
329/331 Fitzgerald Street, Northam WA 6401
9245 2441
Open: 8am to 5pm (Monday to Friday)

Website: <https://www.wanslea.org.au/>

APM

APM Communities partner of the NDIS National Disability Insurance Scheme, providing Local Area Coordination Service (LAC) for people living with a disability. APM can support in accessing the NDIS, navigating NDIS Plans, Linkage to Community, Mainstream and Service Providers, for those with or without an NDIS plan.

Service Delivery Area: York, Northam, Toodyay, Gingin and Chittering.

Office 1, 2 & 3 (Northam Arcade), 187 Fitzgerald Street E, Northam WA 6401
1800 276 522

APMNET@ndis.gov.au

Website: <https://apm.net.au/ndis>

Online Support (Phone & Web-based)

LIFELINE WA

Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.

- Call: 13 11 14 (24/7 service)
- Text: 0477 131 114 (24/7 service)
- Website: <https://www.lifeline.org.au/>

LIFELINE WA GRIEF AND BEREAVEMENT COUNSELLING

Offering free counselling to parents, families and children going through grief and bereavement, in person or phone/video counselling.

- Call: 9261 4444

BEYOND BLUE

Beyond Blue provides 24/7 information and support to help everyone in Australia achieve their best possible mental health.

- Call: 1300 224 636
- Chat Online: <https://online.beyondblue.org.au/#/chat/start>
- Website: <https://www.beyondblue.org.au/>

KIDS HELPLINE

Kids Helpline provides free confidential 24/7 online and phone counselling service for young people aged 5 to 25.

- Call: 1800 551 800
- Website: <https://kidshelpline.com.au/>

SUICIDE CALL BACK SERVICE

Suicide Call Back Service provides free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts, 24/7.

- Call: 1300 659 467
- Website: <https://www.suicidecallbackservice.org.au/>

RURAL LINK (regional: after hours & weekends)

Rurallink is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.

- Call: 1800 552 002

MENTAL HEALTH EMERGENCY RESPONSE LINE (metro and peel: after hours and weekends)

The Mental Health Emergency Response Line (MHERL) is a 24-hour telephone service for people in the Perth metropolitan area experiencing a mental health crisis.

- Call (metro): 1300 555 788
- Call (peel): 1800 676 822

HERE FOR YOU

'Here For You' phone helpline provides accessible and immediate mental health and alcohol and other drug use support for the people in the community who may be struggling, and will focus on individual needs.

- 1800 here4u (1800 437 348)
- 7:00 am to 10:00 pm every day

HELPING MINDS

HelpingMinds® offers free support to the family and friends of people living with mental health challenges across WA

- Call: 1800 811 747
- Website: <https://helpingminds.org.au/>

HEADSPACE

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.

- Call: 1800 650 890
- Website: <https://headspace.org.au/>

1800 RESPECT

National Sexual Assault, Domestic Family Violence Counselling Service

- Call: 1800 737 732
- Website: <https://www.1800respect.org.au/>

QLIFE

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. Our services are for LGBTI individuals, their friends and families, and health professionals in Australia.

- Call: 1800 184 527
- Website: <https://qlife.org.au/>

YOUTH FOCUS

Youth Focus is a for-purpose organisation that creates brighter futures for young people in Western Australia by offering a range of mental health services.

- Call: 6266 4333

Website: <https://youthfocus.com.au/>

SEXUAL ASSAULT RESOURCE CENTRE (SARC)

The Sexual Assault Resource Centre (SARC) is located in Perth and provides a range of free services to people in the metropolitan area affected by sexual violence SARC also provide free telephone advice/support to those in non-metropolitan areas and have a 24-Hour Emergency Line.

- Call: 6458 1828 or 1800 199 888
- <https://www.kemh.health.wa.gov.au/our-services/service-directory/sarc>

MENSLINE

MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.

- Call: 1300 789 978
- Website: <https://mensline.org.au/>

REACH OUT

ReachOut.com helps under 25s with everyday questions through to tough times.

- Website: <https://au.reachout.com/>

PEERCHAT

PeerChat is a new text-based support service for 18–25-year-olds that connects a young person experiencing mental health challenges with a peer worker who can provide support based on their own experience.

The service is free, confidential and can be accessed anywhere in Australia on weekdays between 1:00 pm -8:00 pm (Sydney time).

- Website: <https://au.reachout.com/peerchat>

MINDSPOT

MindSpot provides free, anonymous assessment and treatment for adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

- Call: 1800 614 434
- Website: <https://mindspot.org.au/>

BUTTERFLY FOUNDATION

Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.

- Call: 1800 334 673
- Website: <https://butterfly.org.au/>

CRISIS CARE

Offering Western Australian's an after-hours service to report concerns for a child's safety and wellbeing.

- Call: 1800 199 008
- Website: <https://www.wa.gov.au/service/community-services/community-support/crisis-care>

CARERS WA

Carers WA is a non-profit organisation dedicated to improving the lives of family carers living in WA with access to services, support and resources.

- Call: 1300 227 377
- Website: <https://www.carerswa.asn.au/>

HEAD TO HEALTH

Head to Health can help you find the right Australian digital mental health and wellbeing resources, for yourself or for someone you care about.

- Website: <https://www.headtohealth.gov.au/>

SAMARITANS CRISIS LINE

Samaritans Crisis Line offers non-religious, non-judgemental and confidential emotional support to the lonely, despairing, suicidal, or those at risk of becoming so.

- Call: 135 247
- Website: <https://thesamaritans.org.au/>

ROAD TRAUMA SUPPORT

Road Trauma Support WA is a state-wide service assisting anyone affected by road trauma, regardless of when the incident occurred or what level of involvement the person had, direct or indirect.

- Call: 1300 004 814
- Website: <https://www.rtswa.org.au/>

GRIEF LINE

Griefline supports anyone experiencing grief, facing any type of loss, providing access to free telephone and online support services and resources.

- Call: 1300 845 745
- Website: <https://griefline.org.au/>

ALCOHOL & DRUG SUPPORT LINE

The Alcohol and Drug Support Line is a confidential, non-judgemental telephone counselling, information, and referral service for anyone seeking help for their own or another person's alcohol or drug use.

- Call: 1800 198 024
- Website: <https://www.mhc.wa.gov.au/alcoholanddrugsupportline>

PARENT AND FAMILY DRUG SUPPORT LINE

The Parent and Family Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or drug use.

- Call: 1800 653 203
- Website: <https://www.mhc.wa.gov.au/parentandfamilydrugsupportline>

NARROGIN & UPPER GREAT SOUTHERN DOMESTIC VIOLENCE HELPLINE

Supported and/or safe accommodation to women, with/or without accompanying children, who as a result of family and domestic violence or other crisis. Breaking the cycle of domestic violence and homelessness and assisting clients to maintain existing safe accommodation where appropriate or move to stable safe long-term accommodation is a key role of Family and Domestic Violence Accommodation and Support.

- Call: 1800 007 570

WHEATBELT DOMESTIC VIOLENCE HELPLINE

The refuge operates 24 hours 7 days per week. This is a free and confidential service. This number can be used for telephone support and counselling, to obtain transport to get to safe accommodation or information packages on family and domestic violence.

- Call: 1800 353 122

WOMEN'S DOMESTIC VIOLENCE HELPLINE

The Women's Domestic Violence Helpline provides support for women, with or without children, who are experiencing family and domestic violence in Western Australia (including referrals to women's refuges).

- Call: 1800 007 339

MEN'S DOMESTIC VIOLENCE HELPLINE

The Men's Domestic Violence Helpline provides telephone information and referrals for men who are concerned about their violent and abusive behaviours and for male victims of family and domestic violence in Western Australia.

- Call: 1800 000 599

ELDER ABUSE HELPLINE WA

The Elder Abuse Helpline provides free and confidential support for Elder's experiencing or at risk of Elder abuse.

- Call: 1300 724 679

HEALTHDIRECT

24-Hour health advice and information.

- Call: 1800 022 222
- Website: <https://www.healthdirect.gov.au/>

FRIENDLINE

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are anonymous and our friendly volunteers are ready for a yarn and to share a story or two

- Call: 08 6118 0587 (Free call 1800 424 287)
- Website: <https://www.friendline.org.au/>

COUNSELLING ONLINE

Counselling Online is a free and confidential service that provides 24/7 support to people across Australia affected by alcohol or drug use.

- Call: 1800 198 024
- Website: <https://www.counsellingonline.org.au/>

SMART RECOVERY

SMART Recovery is a group program offering a supportive environment for people to achieve behaviour change goals of their choice around alcohol and drug use, or any behaviours of concern. Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behavioural therapy (CBT) and motivational tools and techniques.

- Website: <https://smartrecoveryaustralia.com.au/>

CRISIS SUPPORT FOR PEOPLE THAT IDENTIFY AS ABORIGINAL AND TORRES STRAIT ISLANDER:

13YARN

13YARN provides crisis support 24/7 to yarn without judgement and provide a confidential, culturally safe space to yarn about needs, worries or concerns. Crisis Supporters will work with individuals to explore options for on-going support.

13YARN is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

- Call: 13 92 76
- Website: www.13yarn.org.au

BROTHER TO BROTHER

The Brother to Brother crisis line provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

The line is staffed by Aboriginal men, including Elders, who have a lived experience in the issues that the line offers support for.

- Call: 1800 435 799