

SUPPORTING YOUR WELLBEING IN RECOVERY



I NEED HELP NOW

EMERGENCY SERVICES

If you require immediate assistance for an emergency, call **000** and ask for the relevant service.

HOSPITAL EMERGENCY DEPARTMENTS

Alternatively, present to your nearest Hospital Emergency Department. An Acute Response Team will conduct a Mental Health Assessment.

For Wooroloo and Gidgegannup residents, your closest Hospital Emergency Department is:

St John of God Midland Public Hospital: Emergency Department
1 Clayton Street, Midland WA 6056

Children under 16 years of age can also choose to present directly to Perth Children's Hospital Emergency Department located at:

Perth Children's Hospital, 15 Hospital Avenue, Midland WA 6056

For 24/7 Mental Health support, the following services are available by telephone:

Lifeline

13 11 14

Lifeline provides a Telephone Crisis Support service that is available 24 hours a day, 7 days a week for anyone who is struggling or experiencing a personal crisis.

Lifeline - Bushfire Hotline

13 43 57 or 13 HELP

A dedicated bushfire recovery hotline to provide support for people impacted by bushfires.

Beyond Blue

1300 224 636

Beyond Blue is an Australian mental health and wellbeing support organisation. They provide support programs to address issues related to depression, suicide, anxiety disorders and other related mental illnesses.

Suicide Call Back Service

1300 659 467

Suicide Call Back Service is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide. Phone call or live chat and video services.

Kids Help Line

1800 55 1800

www.kidshelpline.com.au

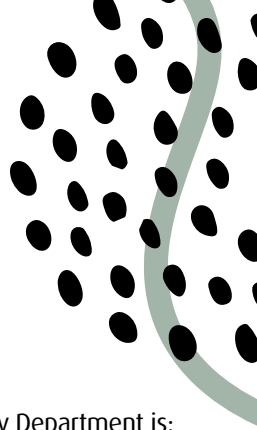
Kids Helpline, powered by Yourtown, is Australia's only free and confidential, 24/7 online and phone counselling service for young people aged 5-25.

MensLine Australia

1300 78 99 78

www.mensline.org.au

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





PSYCHOLOGICAL SERVICES

GETTING A MENTAL HEALTH TREATMENT PLAN

Mental Health Treatment Plans, (previously known as Mental Health Care Plans) can be accessed through a general practitioner (GP).

The plan identifies what type of health care you need and spells out what you and your doctor are aiming to achieve from the plan. It may also refer you to local mental health services.

Your doctor may ask you a few questions, fill in the plan, and you will set goals together. When you make the booking, ask for a long appointment as a minimum of 20 minutes is recommended.

WHO IS ELIGIBLE FOR A MENTAL HEALTH TREATMENT PLAN?

A Mental Health Treatment Plan is available to you if you have a mental health condition diagnosed by a doctor.

WHAT WILL A MENTAL HEALTH TREATMENT PLAN COVER?

If you have a Mental Health Treatment Plan, you will be entitled to a number of sessions that will be covered by Medicare. Speak to your GP to determine how many sessions you qualify for. This gives you access, subsidised by Medicare, to certain psychologists, occupational therapists, and social workers.

Please note: the first six sessions can be accessed in the first instance. For more than six sessions, you will need to re-visit your GP for a Mental Health Plan Review. The GP will then decide if you need a referral for further sessions.



WELLBEING SERVICES FOR ALL

Head to Health Midland

1800 161 178

23 Old Great Northern Highway, Midland WA 6056

www.sjog.org.au/campaigns/microsites/head-to-health

Midland Head to Health offers free advice, support and, if needed, assessment and short-to-medium term treatment to adults experiencing mild to moderate mental health concerns, including stress and anxiety.

Mental Illness Fellowship of WA (MIFWA)

(08) 9237 8900

Midland Professional Centre, Level 3, 9 The Avenue Midland, 6056

www.mifwa.org.au

MIFWA is an independent, community-based mental health organisation supporting people who are living with and recovering from mental illness, as well as their families, carers, and allies across Western Australia.



SPECIALISED SERVICES

Midland Women's Health Centre Place Inc.

(08) 9250 2221

4 Junction Parade Midland WA 6056

www.mwhcp.org.au

Midland Women's Health Care Place - A women's only counselling, support and advocacy service assisting with a range of issues including domestic violence, depression, anxiety, drug and alcohol support, post and prenatal depression and general mental wellbeing for women in the East Metro area. They offer group activities art theory, craft, yoga, tai chi for arthritis, empowering dance, and parenting groups.

Rise Midland

(08) 6274 3700

Head Office, 41A Great Northern Highway, Middle Swan WA 6056

www.risenetwork.com.au

Rise supports older Australians; those living with a disability or mental health issues; and young people to follow their dreams and support their passions.

AGENCY HOURS: Mon - Fri: 8:00am - 4:00pm. Sat & Sun: closed.

Regional Men's Health Initiative

(08) 9690 2277

75 York Rd, Northam WA 6401

www.regionalmenshealth.com.au

Raising awareness of men's wellbeing and health in regional, rural and remote WA.

Rural Aid

1300 327 624

www.ruralaid.org.au

Unlimited counselling sessions for primary producers, hobby farmers, their families, workers, and community members in rural areas affected by natural disasters.



YOUNG PEOPLE

Headspace Midland

(08) 9274 8860

Unit 7, 64 Morrison Rd Midland WA 6056

www.headspace.org.au

Headspace can help young people (ages 12-25 years) with early intervention mental health services, physical health (including sexual health) information, alcohol and other drug services, and work and study support. These services can be provided in person, online or via phone counselling.

Helping Minds

(08) 9427 7100

1A Sayer St Midland WA 6056

www.helpingminds.org.au

Helping Minds provides a variety of mental health support services for carers including services for adults and families, young people, schools, and NDIS.



MANAGING STRESS

Stress does not resolve spontaneously. Even with rest, it tends to worsen itself unless deliberate steps are taken to break the sequence of reactions that maintain it. There are plenty of things that anyone can do which will help to break the stress cycle and reduce tension. Many simple pleasures will make a big difference to stress. Enjoyment is the best antidote to stress.

Looking after yourself is very important. This can be enhanced by social support, self-awareness, self-care, and connection to something larger than yourself.

Some tips for self-care include:

- **Get good rest** - Sleep provides more energy, clearer thinking and helps you feel less overwhelmed.
- **Watch your diet and physical health** - Manage your intake of caffeine, alcohol, drugs, medication and take regular exercise.
- **Look after your relationships** - Communicate with people close to you. Lean on them if you need to. Accept or ask for their support if it helps you.
- **Do things that make you happy** - As much as possible, take part in activities and interests that make you feel good.
- **Stay connected with others** - Eg: workmates, neighbours, and other groups. Don't become isolated, as an individual or as a family.



SELF-STRESS QUESTIONNAIRE

Please note that this scale is not a clinical diagnostic instrument and is provided for educational purposes only.

The purpose of this questionnaire is to encourage you to review your current stress levels and identify patterns through some of the more common symptoms of stress. This is something you can do on your own and do not need to share with anyone.

The important thing to remember is that stress is an every day occurrence that we all deal with. Positive stress gives us the motivation to win a race, do well in an interview, or meet deadlines. However, when stress loads become too high or stress doesn't go away, it can have a significant impact on our overall health and wellbeing. This is not a sign of weakness but simply something that happens from time to time.

We invite you to complete the questionnaire by following the link, or scanning the QR code below.

[21070-arc-wellbeing-toolkit--v2-hr.pdf \(redcross.org.au\)](#)



