

making contact

For more information or to make an appointment, telephone Centrecare on (08) 9091 1833.

Day and evening appointments are available. Services are available in:

Kalgoorlie

Coolgardie

Kambalda

Menzies

Leonora

Laverton

Norseman



CENTRECARE
people making
time for people
(08) 9091 1833

about centrecare

Centrecare is a not-for-profit organisation delivering over 45 counselling, support, mediation and training services from office locations listed below. The agency's mission is to provide excellent, respectful and caring services which facilitate healing and encourage all persons to develop to their full potential. All staff are experienced professionals with qualifications in psychology, social work, counselling, social science, business and administration.

Perth

456 Hay Street, Perth WA 6000
Tel: +61 8 9325 6644 Fax: +61 8 9221 3631
Email: enquiries@centrecare.com.au

Bunbury

103 Clarke Street, Bunbury WA 6230
Tel: +61 8 9721 5177 Fax: +61 8 9791 1056
Email: office@bunbury.centacare.org.au

Cannington

22 Pattie St, Cannington WA 6107
Tel: +61 8 9451 1100 Fax: +61 8 9451 1177
Email: receptionc@centrecare.com.au

Djooraminda

36 Arbon Way, Lockridge WA 6054
Tel: +61 8 9378 2522 Fax: +61 8 9378 1113
Email: reception@djooraminda.centrecare.com.au

Esperance

Suite 1 & 3, Radio House, 8-10 William Street,
Esperance WA 6450
Tel: +61 8 9071 1955 Fax: +61 8 9071 1966
Email: centrecare@goldfields.centrecare.com.au

Goldfields

7-9 Dugan Street, Kalgoorlie WA 6430
Tel: +61 8 9091 1833 Fax: +61 8 9021 8673
Email: centrecare@goldfields.centrecare.com.au

Joondalup

Suite 9, Lotteries House
70 Davidson Terrace, WA Joondalup 6027
Tel: +61 8 9325 6644 Fax: +61 8 9221 3631
Email: enquiries@centrecare.com.au

Mirrabooka

12 Brewer Place, Mirrabooka WA 6061
Tel: +61 8 9440 0400 Fax: +61 8 9440 0920
Email: receptionm@centrecare.com.au



CENTRECARE
"People Making Time for People"

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



when suffering from mental health difficulties

a Centrecare service for
people affected by mental ill
health and their families



CENTRECARE
"People Making Time for People"



Quality System
Quality Endorsed
Company
ISO 9001:2015
Standard Australia

It is estimated that over one million Australians experience mental ill health in some form, yet there is little knowledge or understanding of the impact it has on people's lives.

While some people may experience times when they feel down, overwhelmed and wonder about the value of life, for others the effect is more significant. Feelings of inadequacy, hopelessness, anxiety, fear and panic attacks as well as diagnosable illnesses such as bi-polar disorder, depression, schizophrenia or Alzheimer's disease may contribute to making life more challenging. At times like these, it is helpful to seek counselling and support.



Are you finding that you or someone close to you:

- experiences frequent anxiety?
- is depressed?
- is stressed?
- has phobias?
- has anxiety or panic attacks?
- believes they are a failure and nothing will help?
- no longer socialises and keeps away from people?
- is suffering from a diagnosed disease such as alzheimers or schizophrenia? or
- has attempted or committed suicide?

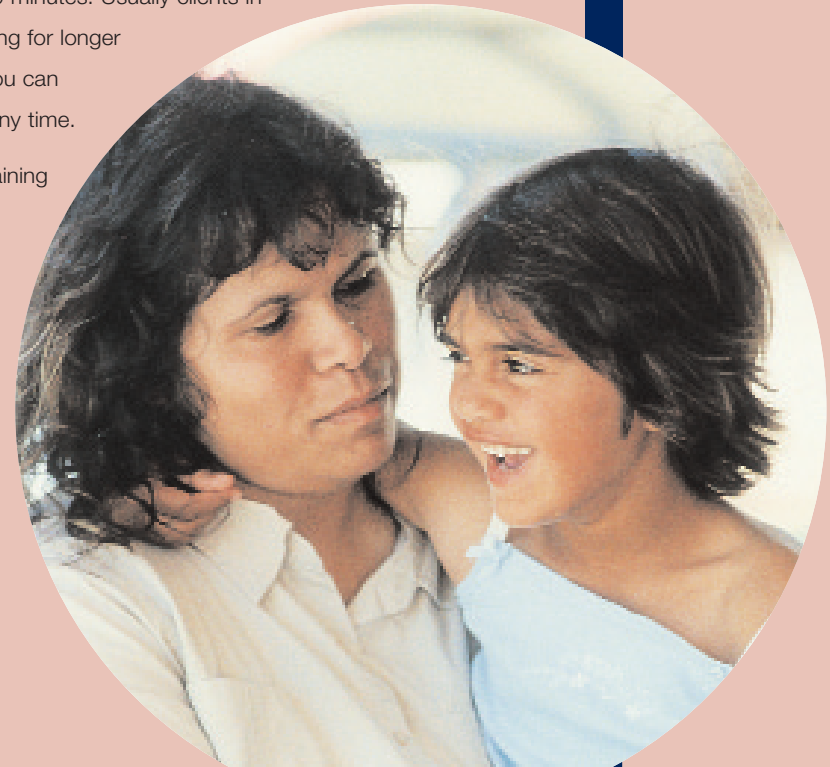
If you or the person close to you would answer 'yes' to any of the above, then this service can help.

Centrecare Goldfields Family Mental Health Care program provides counselling, support and educational programs for people affected by a mental health illness and their families.

If you decide to make an appointment, you will speak with a qualified counsellor about the impact the mental health issue is having on your life and on those close to you. You will also talk about your options, how you have been coping and what you would like to do. Counselling provides you with the opportunity to express your feelings and thoughts in a safe and confidential place with a person who will not judge you. Sometimes it may be necessary for your counsellor to talk to someone else on your behalf or refer you to another service or general practitioner, but this is only done with your consent.

Counselling sessions last 50 minutes. Usually clients in this service attend counselling for longer periods of time, however, you can choose to stop coming at any time.

Centrecare also provides training workshops for community groups on working with people who have mental health issues and delivers educational programs in schools to assist young people to more effectively



deal with stress and depression. Programs are available for the family members of someone with a mental health problem.

This service receives funds from the Department of Health WA (State Government).