

making contact

For more information or to make an appointment, please contact Centrecare on the telephone number below.

Kalgoorlie (08) 9080 0333

Telephone counselling is available and in some circumstances home visits can be arranged.

Services are available in:

**Kalgoorlie
Boulder
Kambalda
Coolgardie
Norseman
Esperance**



about Centrecare

Centrecare is a Catholic not-for-profit organisation which aims to strengthen people and communities through the provision of professional social services, inspired by compassion and recognition for human dignity.

Perth

456 Hay Street, Perth WA 6000
(08) 9325 6644
enquiries@centrecare.com.au

Bunbury

103 Clarke Street, Bunbury WA 6230
(08) 9721 5177
bunbury@centrecare.com.au

Cannington

22 Pattie Street, Cannington WA 6107
(08) 9451 1100
cannington@centrecare.com.au

Esperance

Upstairs
22a/91 Dempster Street, Dutton Arcade, Esperance WA 6450
(08) 9083 2600
esperance@centrecare.com.au

Gosnells

2302-2308 Albany Highway
Gosnells WA 6110
(08) 9498 9200
gosnells@centrecare.com.au

Joondalup

First floor
85 Boas Avenue, Joondalup WA 6027
(08) 9300 7300
joondalup@centrecare.com.au

Kalgoorlie

168 Egan Street, Kalgoorlie WA 6430
(08) 9080 0333
kalgoorlie@centrecare.com.au

Leonora

18 Tower Street, Leonora WA 6438
(08) 9037 6561
kalgoorlie@centrecare.com.au

Midland

45 Yelverton Drive, Midland WA 6056
(08) 9436 0600
midland@centrecare.com.au

Mirrabooka

12 Brewer Place, Mirrabooka WA 6061
(08) 9440 0400
mirrabooka@centrecare.com.au

Victoria Square

25 - 27 Victoria Square, Perth WA 6000
(08) 9288 2233
victoriasquare@centrecare.com.au



www.centrecare.com.au
ABN 98 651 609 161

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when you are worried about mental health and wellbeing

a Centrecare service for people with mental illness, early signs of or at risk of developing mental illness and their carers



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

Whether you are experiencing the effects of a mental health illness yourself or you are caring for someone with a mental health illness, you may be feeling challenged and overwhelmed.



Do you or someone close to you:

- experience stress;
- have a sense of grief and loss;
- feel like you aren't coping;
- feel isolated, sad or depressed;
- feel anxious or experience panic attacks;
- believe that you have no purpose or hope;
- have thoughts of or have attempted to take your own life; and/or
- suffer from depression or a diagnosed illness such as Bipolar, Schizophrenia or Alzheimer's?

If you answer "yes" to any of the above questions, then this service may be of help to you.

when...

... you need to talk to someone about your mental health

Centrecare Goldfields Mental Health Programs provides the following services for people affected by mental health, carers and their families:

- Individual and family counselling and advocacy support groups
- Education and life skill development
- Mentoring, support and encouragement
- Recreational activities

Counselling and support can provide you with an opportunity to express your feelings and concerns in a confidential and non-judgemental environment. It can give you an opportunity to discuss the impacts of mental health on your life, your options and how to cope. You will be able to learn to identify goals and strategies for effectively maintaining your own well-being and facilitate recovery.

A counsellor will be able to provide you with information about mental illness and resources within your community that may be able to assist you.

How long is a counselling session?

Generally, individual counselling sessions last 50 minutes.

This is a FREE service.

This service is funded by the Mental Health Commission.

The photographs used in this brochure are for illustrative purposes only; they do not imply any particular attitudes, behaviours, or actions on the part of any person who appears in the photographs.

Culturally Appropriate Service

Centrecare aims to provide a respectful and culturally sensitive service and interpreters are available on request.

Crèche Facilities

Only available at the Perth and Midland offices, bookings are essential.

Is this service private and confidential?

Our services are confidential and all our staff are bound by our Commitment to Confidentiality and Oath or Affirmation of Secrecy, for Family and Child Counsellors. However, confidentiality will be waived where there may be a threat to an individual's safety or if a serious crime or threat against another person is disclosed.

Centrecare is committed to ensuring that your information is protected and managed in accordance with the Privacy Act 1988 which sets out the standards for the way in which personal information must be handled. If you wish to access the information on your file, please ask the receptionist for the necessary form.

Are the staff qualified?

All our staff interacting with clients are qualified for their job role. They receive ongoing professional development, supervision.

How do I provide feedback?

Centrecare prides itself on providing high quality services. Your comments assist us in maintaining or improving that level of quality and fully meeting the needs of our clients. Recording your feedback is one of the best ways to help us understand what we do well and where we can improve.

If you have a suggestion, compliment or complaint, please complete the Client Feedback form which is available at reception and place it in the Suggestions Box.

Alternatively, you can contact either the Centrecare office via email at kalgoorlie@centrecare.com.au Telephone (08) 9080 0333

or

the Health and Disability Services Complaints Office (HaDSCO) Email: mail@hadsco.wa.gov.au Country Free Call: 1800 813 583 Tel: (08) 6551 7620

Centrecare is an organisation that values children.

