

How do I access this service?

For more information or to make an appointment, please contact the Centrecare Mental Health Portal Team on:

Tel: (08) 9080 0379

Email :enquiries@goldfieldsmentalhealthportal.com.au.



**GOLDFIELDS MENTAL
HEALTH PORTAL**

This service is delivered jointly between Centrecare and the Goldfields Women's Health Care Centre.

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.

Centrecare
168 Egan Street
Kalgoorlie WA 6430
(08) 9080 0333



about Goldfields Women's Health Care Centre

Goldfields Women's Health Care Centre deliver an extensive range of diverse and valued services that support the health care, well-being and individual growth of Goldfields women and their families

Goldfields Women's Health Care Centre
15 Dugan Street
Kalgoorlie WA 6430



www.gwhcc.org.au
ABN: 95782 767 690

when you're seeking support because your life matters

a Centrecare and Goldfields Women's Health Care Centre service for patients with low to severe mental health needs



7007



Goldfields Mental Health Portal is a primary mental health care service provided by Centrecare and Goldfields Women's Health Care Centre.

The Goldfields Mental Health Portal aims to assist disadvantaged, vulnerable and/or hard to reach individuals in the Goldfields – Esperance region who have, or are at risk of mental health conditions.



Are you:

- feeling sad, alone, angry or like you don't belong;
- feeling like no one listens, cares or understands;
- feeling bullied, abused or harassed;
- fighting with your parents or others around you;
- using drugs and/or alcohol;
- struggling to cope with school or work;
- worrying all the time;
- feeling anxious about your future;
- wanting better relationships with others and/or wanting to get your life back on track;
- dealing with a diagnosed mental health condition;
- feeling hopeless or worthless; and/or
- feeling that you may want to harm yourself or others?

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

when...

...you want things to be different now and in the future

The **Goldfields Mental Health Portal** delivers place-based low intensity support and psychological interventions to people of the Goldfields-Esperance region through a stepped care model.

This is a GP referred service at no cost to you.

Please see your GP and ask for a referral to the Goldfields Mental Health Portal.

The Goldfields Mental Health Portal provides:

- a comprehensive assessment;
- assistance with a safety plan;
- assistance with a recovery plan;
- care coordination;
- brief therapeutic interventions suited to your needs e.g. counselling, linkages to services and agencies;
- group activities, supports and workshops;
- digital and telephone support; and/or
- remote area assistance (outreach).

Centrecare and the Goldfields Women's Health Care Centre acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN.



WAPHA
WA Primary Health Alliance

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative

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 and 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 may also wish to write or speak to the Manager at your branch.

