

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - JUNE 2019

Welcome to this edition of Yirra Koorl. It is now *Makaru* – the season of fertility and is the coldest, wettest time of the year. As the waterways started to fill, people were able to move about with ease and thus their food sources changed from sea, estuarine and lake foods to those of the lands.

As we head into winter, it is important to recognise that the rainy and cold weather can impact on our wellbeing. Try the five-a-day challenge to help turn winter into a positive season:

1. Connect: Find ways to connect at home, work, or in your local community.
2. Give: Do something nice for family members, friends, colleagues or strangers.
3. Take notice: Remember the simple things that bring joy to your life.
4. Keep learning: Look out for new experiences and embrace them.
5. Be active: A healthy body is a healthy mind.

Exercising can make you feel good, so discover ways to incorporate activities into your exercise routine that can be done indoors. Do what you can when you can and improve your mood.

Give Dry July a try. Give up alcohol for the month of July and raise funds for cancer patients. An alcohol-free month will keep your mind more alert and raising funds for a worthy cause will put a smile on your face.

SUPPORTING CRITICAL CONVERSATIONS ABOUT TRAUMA



More people in our community are becoming increasingly aware of issues around trauma, including childhood trauma and how it can affect people over time. This awareness, however, is often not matched by an understanding of how we can begin to have conversations with people we know or suspect may have experienced trauma.

A Guide to talking about Trauma

The Blue Knot Foundation has published a Guide to support critical conversations about trauma. The information, evidence and tips are designed to help manage the challenges and minimise the risks - whether you are starting the conversation because you suspect a person is experiencing or has experienced trauma, or if you are responding to a person telling you about their trauma.

The Guide is based on research from Blue Knot Foundation's seminal document: *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Practice*. It presents the trauma-informed principles of safety, trustworthiness, collaboration, choice, and empowerment. Blue Knot believes that it is important to base every conversation on these principles. Doing so is supportive and will also help to make any conversation less upsetting and distressing. It is also helpful, as far as possible to be aware of and sensitive to a person's background, life choices, cultural, religious and gender orientations.

This Guide can help make 'difficult conversations' easier and will be less likely to subject the person to additional trauma (or re-trauma), which can occur if trauma-informed principles are not used in conversations.

Planning the conversation

People do not often readily reveal their own trauma. This can be because they have been discouraged from disclosing, either as children or adults. Some may fear they will be blamed, not

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Supporting Critical Conversations About Trauma cont...

believed or even punished for speaking out. Given this, it is more likely that you will need to start the conversation yourself.

If you are starting a conversation, it is important to plan how to make the person feel safe and how you will use the trauma-informed principles.

Given how common interpersonal trauma is, these conversations can be life-changing. Learning how to have trauma-informed conversations can also build health more broadly. This is because the positive social interactions that help people to recover from trauma also assist general wellbeing.

The reality is that even when we believe we are communicating respectfully, and are concerned about the dignity and wellbeing of others, the pressures of daily life can lead us to undercut and compromise trauma-informed principles. So it is important to be aware of these principles and plan ahead to achieve positive results.

The Guide also contains useful additional material including:

- Applying trauma-informed principles and tips
- 'What if' questions and responses
- Essential knowledge for being trauma-informed
- Grounding exercises
- Referral information

The Guide can be accessed at: <https://bit.ly/2JYsSYO>

Ref: Kezelman C.A. & Stavropoulos P.A. (2017) Talking About Trauma - Guide to Everyday Conversations for the General Public. [pdf] Sydney: Blue Knot Foundation. Available at www.blueknot.org.au [Accessed 24/04/2019].

Article provided courtesy of the Blue Knot Foundation
www.blueknot.org.au

alcohol & other drugs

news, articles & research

WA ALCOHOL AND DRUG INTERAGENCY STRATEGY 2018-2022

This Strategy provides a guide for stakeholders including government (local and state), non-government and community for the development and implementation of Alcohol and other Drug (AOD) initiatives. It intends to drive collective action through the collaboration and coordination of efforts across government.

This Strategy relates to all Western Australians and encompasses alcohol, illicit drugs and licit drugs that are illegally supplied or inappropriately used. The key strategic areas are:

- Focusing on prevention
- Intervening before problems become entrenched
- Effective law enforcement approaches

- Effective treatment and support services
- Strategic coordination and capacity building

Priority target groups:

- Aboriginal people and communities
- Children and young people
- People with co-occurring mental health and AOD problems
- People in rural and remote areas (including fly in/fly out and drive in/drive out workers)
- Families, including AOD using parents and significant others
- People interacting with the justice and corrections systems

For more information and to view the strategy:
<https://bit.ly/2VHKDNE>

WALGA MANAGING ALCOHOL IN OUR COMMUNITIES GUIDE

Managing Alcohol in Our Communities: A Guide for Local Government aims to support existing government activities, responsibilities and processes to address alcohol-related issues within their communities. The information contained in this guide promotes a prevention and risk management approach to reduce alcohol-related harm in the community, creating a safe and healthy place for people to work, live and play.

This Guide has been developed in partnership with the WA Mental Health Commission, the Public Health Advocacy Institute of Western Australia and WALGA. It is presented in four parts:

1. Background and evidence
2. Role of Local Government
3. Stages for using the Guide, with example scenarios
4. Support sheets and tools

The Guide highlights how Local Government can reduce residents' risk of harm from alcohol by:

- Developing strategic plans and policies that explicitly aim to reduce alcohol-related harm.
- Designing environments that reduce alcohol-related harm.
- Implementing strategic approaches that change alcohol cultures by changing social norms, attitudes and beliefs about alcohol consumption and intoxication.
- Building local partnerships that reduce alcohol-related harm.

To view the guide and additional information:

<https://bit.ly/2VXjH1h>

RESPONDING TO PHARMACEUTICAL OPIOID-RELATED PROBLEMS: A RESOURCE FOR PRESCRIBERS

NCETA launched this resource in February 2019. It was developed in response to increasing levels of harms associated with pharmaceutical opioid use, and challenges identified by prescribers. It addresses several issues related to pharmaceutical opioids, including:

- The extent and nature of, and problems associated with, pharmaceutical opioid use in Australia
- Effective management of persistent non-cancer pain
- Opioid tolerance, dependence and withdrawal
- Preparing medical practices for patients with prescribed opioid problems
- Assessing and responding to patients with pharmaceutical opioid-related problems using pharmaceutical and non-pharmaceutical approaches
- Assessing and responding to patients with codeine-related problems.



To view the resource and supportive literature:

<https://bit.ly/2JYtk8E>

MINDFRAME FOR AOD: GUIDELINES FOR COMMUNICATION

Developed by Everymind, these evidence-based guidelines are designed to inform, support and empower the media, stakeholders and community, to report safely and responsibly on AOD in ways that minimise harm, stigma and discrimination while maximising help-seeking behaviour. The guidelines include detailed information on:

- Communicating about someone who uses AOD
- Helpful ways to communicate about AOD
- Harmful ways to communicate about AOD
- Language advice
- Help-seeking information and services
- Detailed evidence about the impact of media reporting

To view the guidelines and more information:

<https://mindframe.org.au/alcohol-other-drugs>

National Suicide Prevention Implementation Strategy 2020-2025

The National Suicide Prevention Project Reference Group released a consultation document in April to inform the drafting of the National Suicide Prevention Implementation Strategy 2020-2025. It is authorised by the Mental Health Principal Committee.

As one part of making suicide prevention a priority, all governments have committed to drafting a new National Suicide Prevention Implementation Strategy. This strategy will embody the collective aspiration of all governments that fewer lives are lost to suicide and will be supported by every health minister in Australia.

This consultation document sets out 21 Priority Actions that are proposed for inclusion in the strategy with the intention that all health ministers commit to work together to implement them over the first 3 years of this new strategy. Before these Priority Actions are tested with health ministers, they are being shared with Australia's suicide prevention sector, including people with a lived experience of suicide, for without prejudice consultation.

Proposed Vision

With the right systems in place and support easily accessible, no Australian in suicidal distress should see suicide as their only option.

Proposed Goals

1. Individuals, families and communities have the confidence and resilience to prevent, respond and recover from suicidal behaviours and suicide.
2. Individuals, families and communities are empowered to have effective, safe discussions about suicidal behaviours and suicide and know where to seek help and how to help others.
3. When people experience a suicidal crisis or attempt to take their own life, there are a range of easy-to-access, person-centred entry points to receiving evidence-informed, compassionate help at the intensity they need.
4. There is strong leadership across government, with effort coordinated and information shared to increase the collective impact of Australia's suicide prevention approach.

To view the consultation document:

<https://bit.ly/2Hx10bS>

Stronger Together – R U OK Foundation

R U OK Foundation have launched their Indigenous national suicide prevention campaign – Stronger Together. It includes a series of written stories, posters, short videos and how-to guides for sensitive conversations with friends or relatives who are struggling. This campaign was developed after Aboriginal and Torres Strait Islander people from across the country asked R U OK? to create a culturally appropriate campaign. An advisory group of Aboriginal and Torres Strait Islander leaders and influencers was formed to develop this.

If someone you know – a family member, someone from your community, a friend, neighbour or workmate – is doing it tough, they will not always tell you. Sometimes it is up to us to trust our gut instinct and ask someone who may be struggling with life “Are you OK?”

By asking and listening, we can help those we care about feel more supported and connected, which can help stop them from feeling worse over time. This is why this campaign has a simple message: Let's talk. We are stronger together. For more information and toolkit: <https://www.ruok.org.au/strongertogether>



Depression Looks Different For Everybody Campaign



Four Western Australians feature in this campaign commissioned by WA Primary Health Alliance (WAPHA). Local artists were engaged to produce paintings to demonstrate that depression looks different for everybody. The result is a powerful approach that aims to help people recognise depression if it comes up in their lives, or someone they know, and direct them to the website <https://insidemymind.org.au/> where they can find useful information on depression and how to get help.

Healthway and the WACFL Partnership to foster Positive Mental Health



The WA Country Football League (WACFL) has announced a new three-year partnership with Healthway to promote the Think Mental Health message throughout Country WA. The Think Mental Health club program will be rolled

out across the 25 Country Football Leagues from the Kimberley to Esperance engaging around 130,000 West Australians. The partnership will provide opportunities to build capacity of football to respond to mental health concerns and create environments that support social inclusion and connectedness. This will include a compulsory partner round on the 22nd and 23rd of June 2019.

“Mental health can affect anyone and a public education campaign like the Think Mental Health campaign coupled with the great work Regional Men’s Health and the Talk to a Mate message is already doing within our Country Clubs is the first step to highlighting the importance of talking and listening” said Acting WACFL General Manager Brent Sheridan. “The campaign’s key message of checking in on a mate, talking and listening is at the heart of what our football clubs are about and the role that they play within our regional communities.”

As there is a link between AOD and mental health, clubs will also be supported to develop strategies regarding responsible service of alcohol and reducing AOD related harm, with support from the Australian Drug Foundation’s Good Sports WA and regional prevention stakeholders.

For more information call (08) 9287 5584 or email wacountry@wafc.com.au

Grants

Dreams for a Better World – Active Community Grants

Up to \$30,000 to create active and healthy communities across Australia. Sports grants to help people of all ages and abilities be more active, or to improve the health and fitness of those in your community, or if you have a dream to create more active communities through health initiatives, wellbeing programs or by tackling medical issues faced by the wider community. Applications close: 13th September 2019. <https://dreamsforabetterworld.com.au/community-grants>

Women's Leadership and Development Program (WLDP)

Provides funding for one-off or small-scale projects that contribute towards the Australian Government's priorities for women on a national scale within Australia. Applications close: 28th June 2019. <https://bit.ly/2Hvu6s1>

Youth Engagement Grants Program

Up to \$10,000 to fund local governments and community service organisations to implement projects that engage young people (10-18 years old) in creative ways and help achieve positive outcomes. Applications close: 30th June 2019. <https://bit.ly/30Cni3n>

Grants for Women

Available for community organisations to develop projects that encourage women's economic independence and/or encourage women's leadership. Applications close: 30th June 2019. <https://bit.ly/2WjlsFf>

In a Good Place Grants

Provides support up to \$20,000 for community-driven initiatives that reduce social isolation, increase social participation and connectedness, and encourage people in rural, regional and remote communities to seek help. Applications close: 20th August 2019. https://www.frrr.org.au/in_a_good_place

Foundation for Rural & Regional Renewal - Strengthening Rural Communities Grant Program

1. Small and Vital Grants. Up to \$10,000 to meet an immediate small scale need within a community, or to boost a larger initiative. Applications are accepted year round via online application system and awarded quarterly.
2. Larger Leverage Grants: Between \$10,000 and \$25,000 for small rural, regional and remote communities to support more aspirational objectives, leverage ideas, creativity and resources for bigger impacts and stronger, more connected communities. Community groups will be invited to apply for the larger leverage grants from August 2019. https://www.frrr.org.au/grants/strengthening_rural_communities

Newly released Supportive Documents

Closing the Gap Report 2019

This report was tabled to parliament in February – the 11th since the strategy began in 2008. Closing the Gap has aimed to reduce disadvantage among Aboriginal and Torres Strait Islander people with particular respect to life expectancy, child mortality, access to early childhood education, educational achievement and employment outcomes. The full report is available at: <https://bit.ly/2FgMlv5>

Working Together: Mental Health and AOD Engagement Framework & Toolkit

This Framework has been developed to assist all stakeholders to collaboratively work together to achieve better outcomes for people whose lives are affected by mental health and AOD use issues. It provides a solid foundation for consistent, genuine engagement across the mental health and AOD sectors. The Toolkit provides examples of the principles and strategies in action within the WA context and showcases some successful programs and projects to date.

<https://bit.ly/2MeozdM> & <https://bit.ly/2M1o3zS>

A National Report Card on Youth Homelessness

This report card assesses how much progress has been made on a national level since 2008, when the National Youth Commission inquiry into youth homelessness published Australia's Homeless Youth. The report drew on evidence from public hearings held around Australia, written submissions and the evidence from research. Following this, the Australian Government issued its 2008 White Paper, The Road Home: A National Approach to Reducing Homelessness <https://apo.org.au/node/225611>

QGuides

QGuides are for health professionals working with LGBTI people. They describe and discuss a range of common, often complex topics, to help people feel able to work with all kinds of people on LGBTI matters. If you are interested in improving your own, or your organisation's, ability to provide safe, accessible services to LGBTI people, please visit <https://qlife.org.au/resources/qguides> to access a variety of guides

Australian Secondary Students' Alcohol and Drug (ASSAD) Survey 2017

This is the largest national survey of teenage substance use in Australia. This report presents information from the ASSAD on the use of tobacco, alcohol, over-the-counter drugs (for non-medicinal purposes), and other substances in school students aged 12 to 17 in Australia. The 2017 ASSAD survey was conducted during the academic school year of 2017, with approximately 20,000 students participating. <https://bit.ly/2JAIQcx>

Connected Parenting – The Big Picture

The Connected Parenting resources, training and eLearning package focus on attachment parenting and incorporate Circle of Security principles with an emphasis on the role family and community play in Aboriginal and Torres Strait Islander parenting. It incorporates connection to:

- Culture
- Country
- Community
- Spirit, spirituality and ancestors
- Family and kinship

The training program is based on knowledge and understanding of parent-infant attachment within Aboriginal, cultural and historical contexts. It is designed to support ATSI health workers and health professionals working with ATSI families to undertake early intervention and promote parent and infant/child attachment.

Connected Parenting eLearning resource

The Connected Parenting eLearning resource was launched in February 2019 – please visit <https://bit.ly/2JyF82f> to access the module. The resource has been developed by St John of God Social Outreach and Child and Adolescent Community Health and is supported by the WA Mental Health Commission. For more information or to order the Connected Parenting resources, please email connectedparenting@sjog.org.au

AOD use in regional and remote Australia: Consumption, harms and access to treatment 2016-17

This new report was released by the Australian Institute of Health and Welfare in March 2019. The purpose of this report is to identify trends in AOD use, harms and treatment in regional and remote Australia. It includes two interactive maps. More details at: <https://bit.ly/2WIXPvS>

Know Injury: Youth Injury Prevention Toolkit

This toolkit provides information, resources and guidance to support Local Governments, health and local stakeholders to prevent injuries in their community. <https://knowinjury.org.au/campaign/>

training & workshops

Gatekeeper Suicide Prevention Training

This 2-day workshop is designed to provide participants with a wide range of skills and knowledge to improve their ability and confidence to work with suicidal people and make referrals to professional help. It is suitable for professionals and para-professionals whose roles bring them into regular contact with young people and adults at risk of suicide. Modules include:

- Extent of the problem
- Understanding the problem
- Mental Disorders
- Self Harm: Suicidal Behaviour Non-Suicidal Self-Injury (NSSI)
- Recognising warning signs and tipping points
- Understanding needs
- Linking and raising the issue
- Framework for risk assessment
- Intervention guidelines
- Intervention in a suicide crisis
- Intervention strategies and ongoing management
- Postvention

The training schedule is as follows:

Narrogin: 27th & 28th June 2019

Merredin: 4th & 5th July 2019

Northam: 8th & 9th August 2019

Toodyay: 19th & 20th August 2019

For further information or to register, please email

Jo Drayton JDrayton@holyoake.org.au

FREE ATSI DV-Alert Training

Lifeline's DV-Alert (Domestic and Family Violence Response Training) is a nationally recognised training program that enables frontline workers supporting Aboriginal and Torres Strait Islander communities to confidently:

- RECOGNISE signs of Domestic and Family Violence (DFV)
- RESPOND with appropriate care
- REFER people experiencing or at risk of DFV to appropriate support services

5th & 6th June 2019 in Moora.

Register: www.dvalert.org.au

Rural Minds Workshops - EOI for your Community or Organisation



This half-day workshop combines practical, culturally-relevant information around risk factors, signs and symptoms, prevention tips/techniques and where and how to get assistance. It includes compelling accounts of mental health issues from those involved in the agricultural sector, and a suite of Rural Minds DVDs. This workshop is tailored particularly for primary producers, their families and those who work and/or live in rural communities. It will:

- Improve awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

Topics covered will include:

- Stigma
- Risks to mental health
- Anxiety and depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession/Progression Planning
- Strategies to build and maintain mental health
- Mental health supports

If you would like to discuss the possibility of organising a Rural Minds workshop in your community or organisation, please contact Jo Drayton JDrayton@holyoake.org.au

DV Alert e-Learning

In addition to DV Alert training that continues to be delivered in the Wheatbelt by Lifeline WA, there is an option to complete a DV Alert eLearning course. There are two streams available:

- E-Learning Disabilities: Recognise, Respond and Refer to Domestic Violence effectively when dealing with women with disabilities
- E-Learning General: Recognise, Respond to and Refer Domestic Violence effectively

More information at: <https://www.dvalert.org.au/workshop/workshop-landing-page>

Mental Health Commission Online Learning

The Mental Health Commission offers online learning for WA based professionals and students over the age of 18 years. The learning is designed to increase participants' knowledge about mental health, alcohol and other drugs for their professional development. More information at: <https://bit.ly/2wf42uV>

ADD Training for Pharmacists

Presented by Pharmaceutical Society of Australia, this workshop provides appropriate workforce development activities to upskill community pharmacists to undertake a collaborative, interdisciplinary role relate to ADD issues. Participants will learn to identify patients at risk, potential harms and harm reduction strategies, communication techniques (including brief intervention and motivational interviewing) and identify resources and referral pathways available.

9th June, 9.30am -3.30pm in Northam. Register: <https://my.psa.org.au/s/>

Reconciliation Week

27th May to 3rd June 2019

Grounded in Truth - Walk Together with Courage

www.reconciliation.org.au/national-reconciliation-week/

Men's Health Week

10th to 16th June 2019

<http://www.menshealthweek.org.au/>

Public Health Prevention Conference

12th to 14th June 2019, Melbourne

<https://www.phaa.net.au/events/event/public-health-prevention-conference-2019>

SDERA Resiliency & Wellbeing Expo

Northam - 10th & 11th June

Moora - 17th June

Merredin - 24th June

More details: Rose Power at rosemary.power2@education.wa.edu.au

NAIDOC Week

7th to 14th July 2019

Voice. Treaty. Truth - Let's work together for a shared future.

www.naidoc.org.au/

National Suicide Prevention Conference

22nd to 25th July 2019, Melbourne

www.suicidepreventionaust.org/conferences/

2019 National Prevention in Practice Conference

24th & 25th June, 2019, Melbourne

<https://adf.org.au/conference/>

WA Aboriginal Alcohol and Other Drug Workers Forum: Working Together, Creating

15th & 15th August 2019, Perth

<http://www.wanada.org.au/item/473-2019-aboriginal-alcohol-and-other-drug-workers-forum.html>

NewAccess - Coaching through tough times

Developed by BeyondBlue, NewAccess offers free and confidential coaching to tackle day-to-day pressures such as work stress or uncertainty, change in living arrangements, new parent worries, family problems, health concerns or uncertainty, long-term isolation or loneliness, financial worries, etc. www.beyondblue.org.au/get-support/newaccess

New tenancy laws to assist WA renters affected by FDV

The new laws allow a tenant to end their tenancy with as little as 7 days' notice if they or their dependants are impacted by family and domestic violence, even if the perpetrator is not named on the lease. There is no need to go to court; a new consumer protection form can be used as evidence to accompany a termination notice. Alternatively, if a perpetrator is named on a lease, a tenant can make an application to the courts to have them removed from the tenancy agreement which was not possible previously.

www.safetenancy.wa.gov.au

Australian alcohol-attributable harm visualisation tool

Developed by National Drug Research Institute researchers, this new online tool provides an instant, interactive way to identify trends in alcohol-attributable hospitalisations and deaths, create maps of alcohol-attributable harm in Australia, and compare counts and rates in bar charts. More information at: alcoholharmtool.info

AOD Lifecycle Planner

The Alcohol and Drug Foundation have updated this resource. It can be used to guide the development of a Community Action Plan that addresses local AOD issues, by addressing risks and building protective factors using a range of evidence-based toolkits. More details at: <https://community.adf.org.au/plan/key-ldat-resources/>

Women's Voices: Building a stronger WA together

The WA Government is developing a long-term plan to address gender inequality in our state. Your input will contribute to this plan which will set the agenda for the State Government for the next 10 years. It will set out a coordinated approach and framework across government agencies and Ministerial portfolios. It will also outline practical steps that organisations and individuals can take to advance gender equality. To complete the survey visit:

www.surveymonkey.com/r/GS3SRKW

Stop it at the Start Campaign Update

The next phase of this effective campaign to reduce violence against women and their children has started. The first phase of the jointly-funded, award-winning campaign helped show the link between disrespect and violence. Phase two aims to move the conversation forward, to ask ourselves - could we be teaching our children disrespect? The campaign encourages all adults to think about the impact of what they say and do, and to talk to young people about respect.

More details at: respect.gov.au

If you or someone you know is impacted by sexual assault, domestic or family violence, call 1800 RESPECT on 1800 737 732 or visit 1800RESPECT.org.au

Integrated Team Care Program in the Southern Wheatbelt

This program by Amity Health is designed to help Aboriginal people with chronic disease. If you think this program may be able to help to your organisation or clients in the Southern Wheatbelt, please call Andrew Ninyett on 0448248374

How to access free and low-cost help for a mental health issue in Western Australia

There are many free and low-cost services available for people who have financial difficulties (e.g. unemployed or have a healthcare/concession card). These services can be accessed via any GP.



How a GP can help

By talking with you about what is happening and working with you to determine what support is best for you.

This could include:

- Access to self-help resources, support groups, online support and referrals to community services.
- Setting up a Mental Health Care Plan which can allow you to claim a Medicare rebate for up to six visits to a clinical psychologist, mental health or allied mental health professional.
- Depending on your needs, your GP can also refer you for an additional four sessions if required.

Note: For your first visit, please request a 30-minute appointment.



What happens when a GP bulk bills?

Any GP can refer you to the appropriate services. However, with a bulk billing GP the bill for your appointment is sent directly to Medicare and there will be no out of pocket payment for you.

Not all GPs bulk bill – please ask when you book your GP appointment.



How to access a bulk billing GP?

Anyone who is registered with Medicare and has a Medicare card can access a bulk-billing GP. If you are not enrolled with Medicare, you can complete an enrolment form online or visit your nearest Medicare office.



Where to find your nearest bulk billing GP

To find a GP that bulk bills, visit:
1800bulkbill.com.au/
healthengine.com.au/find/bulk-billing-gp/WA/

Services your GP can refer to

Perth Metro

To check if you are eligible for any of the services below, please speak to your GP.

PORTS (Practitioner Online Referral Treatment Service)

Free telephone and online psychological assessment for people aged 16+ experiencing anxiety, depression or substance use issues. Appropriate treatment will be offered, if required.

MH Connex

Free care management for people aged 18+ experiencing significant mental health issues who require a consistent point of contact and connection to other support services.



Child and Adolescent Brief Intervention Services

Free short-term, face-to-face counselling services for children and adolescents (4-15 years).



Country WA

Mental Health Portal

Free psychological treatment for people living in country areas experiencing a range of mental health issues.



Once the GP has referred you to the Mental Health Portal



you will receive a phone call from a mental health professional



who will organise an assessment to determine what services are needed.

think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au



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support services

Rural Link: 1800 552 002 (24 hours)

Mental Health Emergency Response Line:

1300 555 788

www.mentalhealth.wa.gov.au

Suicide Call Back Line:

1300 659 467

www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)

www.lifelinewa.org.au

Text Service: 0477 13 11 14

Mensline: 1300 789 978 (24 hours)

www.mensline.org.au

Alcohol & Drug Support Line:

1800 198 024

Parent & Family

Drug Support Line: 1800 653 203

BeyondBlue: 1300 22 4636

QLife: 1800 184 527

Meth Helpline: 1800 874 878

Women's Domestic

Violence Helpline: 1800 007 339

Men's Domestic

Violence Helpline: 1800 000 599

SANE Helpline:

1800 18 SANE (7263)

PANDA (Perinatal Anxiety & Depression Australia)

National Helpline:

1300 726 306

Mon-Fri - 9am - 7.30pm (AEST)

Kids Helpline: 1800 55 1800

National Alcohol and Other Drug Hotline:

1800 250 015

Butterfly Foundation:

1800 334 673

(Eating Disorders & Body Image)

1800RESPECT: 1800 737 732

Gambling Help: 1800 858 858

subscription, queries and submission information

Email: yirraoorl@holyoake.org.au

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

4 Elizabeth Place, NORTHAM, WA 6401

YIRRA KOORL SUBSCRIPTION

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