



HealthRight RESOURCE BOOK

A Guide to Health Information,
Services and Resources in Perth

February 2007

HealthRight is a University of Western Australia project, funded by the
Western Australian Department of Health.
This resource book has been produced in partnership with Ruah Community Services.

INTRODUCTION

Hi and welcome to the HealthRight Resource Book.

HealthRight is about assisting people living with mental illness to address their physical health. In 2001 a report called '*Duty to Care: Physical Illness in People with Mental Illness*' was published. It showed that people living with mental illness are much more likely than the general population to die of diseases such as cancer, heart disease, stroke and respiratory system diseases. As a result of this research, HealthRight was formed and given the task of doing something about it.

A pilot program has been established called the *Peer Advocacy and Support Service*. It will assist people living with a mental illness to link in with GP's and address any health and lifestyle concerns they may have. HealthRight Peer Support Workers are people living with a mental illness too, and who are trained to support others.

We hope that you find this book helpful. There is a lot of information out there about different medical issues as well as about staying healthy. This is just a starting point.

Disclaimer:

The contact details of services and websites presented in this book were correct in February 2007. HealthRight takes no responsibility for the content of the listed websites. Information from the internet should not be used as a substitute for medical consultation. If you have any concerns about your physical or mental health, we recommend that you discuss them with your treating doctor.

*HealthRight
February 2007*

HOW TO USE THIS BOOK

This book provides information and contact details for health and other support services that can be accessed in the Perth Metropolitan area. Wherever possible, the website, address, phone and fax numbers are provided. Email and postal addresses have been left out but can usually be found on the website.

Websites that are Australian, (preferably Western Australian) and/or provide particularly useful and clearly written information have been chosen for this resource book. On most websites there are links to other sources that may also be useful when researching a particular subject.

It is important to note that contact details often change over time so that you may find that a website or phone number no longer work. Please let us know by emailing us at healthright@ruah.com.au or filling in the form at the back of the book and posting it in. Also, we would love to hear from you if you come across a different website or find a service in Perth that you have found to be beneficial when looking after your health.

Computer Access

If you don't have a computer at home, there are other places you can access the internet. Local libraries are a great place to start. Access is usually free though you may have to book a computer in advance. Internet cafés are popular - you can walk in any time but they charge a small fee to use the computers.

If you are interested in getting a cheap recycled computer, check out Green PC's website www.greenpc.com.au or phone them on 9433 6831 to discuss your requirements. Another place that also sells cheap, refurbished computers is TADWA (www.tadwa.org.au or phone 9379 3733). They allow people to pay the computers off over time through Centrepay.

People who receive disability, aged or veteran's pensions are eligible for cheap internet connection, which can be either dial-up or broadband. Information can be found at www.tadaustconnect.org.au or by phoning 1300 735 439.

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EMERGENCY CONTACT NUMBERS

| | |
|--------------------------------|---|
| Ambulance, Police, Fire | Ph: 000 TTY: 106 (text phone for people with hearing impairment) |
| Crisis Care | Ph: 9223 1111 |
| Health Direct | Ph: 1800 022 222 |
| Kids Help Line | Ph: 1800 551 800 |
| Poisons Information Centre | Ph: 13 11 26 |
| Mental Health Emergency Line | Ph: 1300 555 788 or Rural FREECALL: 1800 676 822 |
| Salvo Care Line | Ph: 9227 8655 |
| Sexual Assault Resource Centre | Ph: 9340 1828 |
| Lifeline | Ph: 13 11 14 |
| Samaritans | Ph: 9381 5555 |
| | |
| | |

Other Useful Numbers:

My GP

My Psychiatrist

My Dentist

Mental Health Clinic

Other

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PART 1 - HEALTH

| Resource | Where? | Information |
|---|--|--|
| | Fax: 08 9274 7066 | drugs |
| Mercy Mainline | www.mercygroup.com.au Ph: 08 9442 3444 | ☀ Counselling/Consulting service ☀ Training -client education and community education |
| Next Step | East Metro Drug & Alcohol Centre 32 Moore St East Perth WA 6005 Ph: 08 9219 1919 Fax: 08 9221 3089 South Metro Drug & Alcohol Centre Level 3, 22 Queen St Fremantle WA 6160 Ph: (08) 9430 5966 Fax: (08) 9335 3071 North Metro Drug & Alcohol Centre U3 / 26 Dugdale St Warwick WA 6024 Ph: (08) 9246 6767 Fax: (08) 9246 6768 | ☀ Assessment and triage ☀ Pharmacotherapies ☀ Counselling ☀ Referrals ☀ Youth Services ☀ Inpatient services ☀ Group therapy |
| Noongar Alcohol and Substance Abuse Service Inc | www.nasas.org.au 176 Wittenoom St East Perth WA 6004 Ph: 9221 1411 Fax: 9221 1585 | ☀ Counselling, community and family work ☀ Group counselling |
| Palmerston Association | www.palmerston.org.au 134 Palmerston Street Perth WA 6000 Ph: 08 9328 7355 Fax: 08 9227 9158 77 Bennett Street East Perth WA 6004 Ph: 08 9218 9822 Fax: 08 9218 9833 1st Floor, 223 High Street Fremantle WA6160 Ph: 08 9335 8156 Fax: 08 9335 9437 <i>Palmerston Association (cont)</i> U3/3 Goddard Street, Rockingham WA 6168 | ☀ Early intervention and support for individuals, families and the community ☀ Counselling and groupwork for people experiencing alcohol or other drug problems ☀ Education and training ☀ Outreach counselling for youth ☀ Residential rehabilitation |

| Resource | Where? | Information |
|---------------|---|--|
| | Ph: 08 9529 2500 Fax: 08 9529 1511 22B Tuckey Street Mandurah WA 6210 Ph: 08 9581 4010 Fax: 08 9582 7062 | |
| Wesley Hearth | www.wa.unitingcare.org.au Ph: 08 9212 1966 Fax: 08 9212 1977 | ☀ Counselling service for families of people with problematic alcohol/drug use |

Allergies and Asthma

An allergy occurs when the body's immune system over-reacts to normally harmless substances called allergens (From www.mydr.com.au accessed 21/12/06). People can be allergic to pollens and dust in the air, foods, drinks and medications, plants, animal hair, insects and chemicals.

People with asthma tend to have sensitive airways so that when they are exposed to certain 'triggers' (i.e. cigarette smoke), their airways narrow making it hard for them to breathe. Exercise may also induce an asthma attack. People with asthma should carry any medication and puffers with them.

| Resource | Where? | Information |
|---|--|---|
| Australasian Society of Clinical Immunology and Allergy | www.allergy.org.au/ | ☀ Detailed information about allergies and their treatment |
| My Dr website - Allergy Centre | www.mydr.com.au/default.asp?Section=allergy | ☀ Food allergies ☀ Skin allergies ☀ Bites and Stings ☀ Hayfever |
| The Asthma Foundation of WA | www.asthmawa.org.au 36 Ord Street West Perth WA 6006 Ph: 08 9289 3600 Fax: 08 9289 3601 Freecall: 1800 645 130 | ☀ Individual or group education about asthma ☀ Asthma Support Groups in metro area ☀ Fitness Groups at Beatty Park ☀ Website has fact sheets and other information |

Cancer

One in three men and one in four women will be directly affected by cancer before the age of 75 but more than half of all new cases will be successfully treated. At least one in three cancer cases are preventable - more than 15,500 cancer deaths each year are due to smoking, sun exposure, poor diet, alcohol, inadequate exercise or being overweight. Thus it is important to maintain a healthy lifestyle. It is very important to get checked out by your GP if you have any concerns.

(Taken from www.cancer.org.au) accessed 21/12/06)

| Resource | Where? | Information |
|-------------------------------------|---|---|
| Cancer Council Helpline | 13 11 20 | ☀ Provides information, facts and support |
| Cancer Council of Australia | www.cancer.org.au | ☀ Information about cancer prevention and early detection ☀ Fact sheets |
| Cancer Council of Western Australia | www.cancerwa.asn.au 46 Ventnor Avenue West Perth 6005 Western Australia Ph: 9212 4333 Fax: 9212 4334 15 Bedbrook Place Shenton Park 6008 Western Australia Ph: 9382 9333 Cancer Counselling Service: 9382 9338 Fax: 9381 8103 AH Crawford Lodge 55 Monash Avenue Nedlands 6009 Western Australia Ph: 9489 7333 or 13 11 20 Fax: 9921 8793 48A James Street Guildford 6005 Ph: 9376 9251 Fax: 9376 9254 | ☀ Information about cancer ☀ Local support ☀ Counselling services ☀ Support Groups ☀ Cancer Education |
| Prostate Cancer Foundation | www.prostate.org.au | ☀ Information about prostate cancer ☀ Links to other relevant websites ☀ List of local support groups |

Chiropracty

A Chiropractor diagnoses and treats disorders of the musculoskeletal system and the effects of these on the nervous system. They use manipulation, adjustment and other physical therapeutic techniques.

| Resource | Where? | Information |
|---|---|--|
| Murdoch University Chiropractic Clinic | www.chiropractic.murdoch.edu.au/clinic/clinic.html Murdoch University Campus Murdoch WA 6150 Ph: 9360 1202 Fax: 9360 1203 | <ul style="list-style-type: none"> ☀ Supervised final year chiropracty students. ☀ Cost for initial consultation \$35 (Adult), \$30 (Concession), \$20 (Student/Child) ☀ Cost for Follow-up consultations \$25 (Adult), \$20 (Concession), \$15 (Student/Child) |

Complementary Medicine

Complementary medicine (also known as natural or alternative medicine) uses various methods to address health issues in a holistic manner. Therapists tend to specialise in different areas of practice including acupuncture, naturopathy, massage, reflexology and aromatherapy, amongst others. Herbal medicine may be prescribed or the treatment may be purely physical. Caution needs to be taken if you are thinking about taking natural medicines as they may interfere with prescribed medication and cause serious reactions. There are many practitioners listed in the telephone book and the cost varies. Some private health insurance policies may provide rebates for registered practitioners.

| Resource | Where? | Information |
|---|---|--|
| Australian College of Natural Medicine | www.acnm.edu.au 170 Wellington St East Perth WA 6004 Ph: 9225 2907 or 9225 2900 | <ul style="list-style-type: none"> ☀ Open during Semester time only ☀ Supervised students ☀ Reduced prices for consultations ☀ Discount voucher on website ☀ Naturopathy ☀ Flower Essences ☀ Remedial Therapies ☀ TCM Remedial Massage |

Continence

Around 2 million Australians experience poor bladder or bowel control. Incontinence can occur around the time of pregnancy and childbirth, following surgery and with neurological and other disorders. It can be related to menopause or prostate problems, or being overweight, or can be a side-effect of some medicines (prescription or over-the-counter). Diet or type and amount of fluid intake can affect a person's continence. Many people feel they are too embarrassed to talk about incontinence with anyone, including their GP, however in most cases it can be controlled or cured.

(Taken from www.continence.org.au, accessed 21/12/06)

| Resource | Where? | Information |
|--|---|---|
| Continence Advisory Service of Western Australia Inc | www.continencewa.org.au C/- Hollywood Private Hospital Monash Avenue Nedlands WA 6009 Ph: 08 9386 9777 | <ul style="list-style-type: none"> ☀ Advice about bladder and bowel incontinence ☀ Information about incontinence aids and products ☀ Support groups |
| Continence Foundation of Australia | www.continence.org.au | <ul style="list-style-type: none"> ☀ Information about continence issues ☀ Regular newsletters |
| National Continence Helpline | Ph: 1800 33 00 66 | ☀ Advice and information from Continence Nurse Advisers |
| The National Public Toilet Map | www.toilemap.gov.au | ☀ Map and directions to public toilets across Australia |

Dental Care

Looking after your teeth is really important. Dentists advise that you should have your teeth checked every six months - after all preventative care is much cheaper and less painful than emergency dental treatment. Most private health insurance funds cover dental care. For those people without private health insurance, there are public dental clinics. The advantage of these is that they are relatively cheap and for people on Centrelink benefits, there may be a significant fee reduction. The disadvantage is that there is often a long waiting list so bookings need to be made well in advance. If you need to have emergency treatment, you can go to your local public dental clinic or ring 9325 3452 (a/h) and be seen that day. Some dental tips to keep your teeth and gums healthy:

- ☉ Brush your teeth at least twice a day with a small, soft toothbrush and fluoride toothpaste.
- ☉ Floss your teeth regularly.
- ☉ Smoking can lead to gum disease and even cancer in the mouth.
- ☉ Tell your dentist about any general health problems or any medication you are taking as this may affect your dental health and treatment.
- ☉ Never place an aspirin or other painkiller against a sore tooth, as it will burn the gum - if you are in pain, see a dentist immediately.
- ☉ If you have full dentures, clean your mouth and dentures thoroughly each day and have both checked by your dentist every few years.

(Taken from *The Australian Dental Association Website* www.ada.org.au accessed 25/8/06)

| Resource | Where? | Information |
|---|---|--|
| Australian Dental Association Website | www.ada.org.au | ☉ Provides information about dental care, list of dentists. |
| Government Dental Clinics | www.dental.wa.gov.au Dental Health Services 43 Mount Henry Road, Como WA 6152 Ph: 9313 0555 Armadale Dental Clinic 3056 Albany Hwy Mount Nasura, WA 6112 Ph: 08 9399 9066 Cockburn Dental Clinic 1 Coleville St Spearwood WA 6163 Ph: 08 9494 2977 Fremantle Dental Clinic 4 Parry Street, Fremantle WA 6160 Ph: 9335 6722 Liddell Dental Clinic 6 Temple Street, Victoria Park WA 6100 Ph: 9470 4212 | ☉ If you have a Pensioner Concession Card or a Health Care Card you may be eligible for subsidised dental treatment. Level of subsidy depends on benefit received. |
| <i>Government Dental Clinics (cont)</i> | | |

| Resource | Where? | Information |
|----------------------------|---|---|
| | <p>Morley Dental Clinic 145 Russell St 6062 Ph: 08 9375 9107</p> <p>Mount Henry Dental Clinic 43 Mount Henry Road, Como WA 6152 Ph: 9313 0552</p> <p>Rockingham Dental Clinic c/-Rockingham Kwinana District Hospital, Elanora Drive, Cooloongup WA 6168 Ph: 9592 7222</p> <p>Shalom Coleman Dental Clinic Cnr Haynes & Sydney Streets, North Perth WA 6006 Ph: 9242 1236</p> <p>Swan Dental Clinic 3 Eveline Road, Middle Swan WA 6056 Ph: 9274 0099</p> <p>Warwick Dental Clinic 316 Erindale Road, Warwick WA 6024 Ph: 9447 8011</p> <p>After Hours Emergency: 9325 3452</p> | |
| Graylands Dental Clinic | Ph: 9347 6600 (ask to be put through to the dental clinic) | ☀ If you are a patient or have been recently discharged, you may be able to get free dental care. |
| Oral Health Centre of WA | www.ohcwa.uwa.edu.au 17 Monash Avenue, Nedlands WA 6009 Tel: 9346 4400 | ☀ Subsidised dental treatment for people with a Pensioner Concession Card or a Health Care Card ☀ Treatment by supervised Dental students is offered almost immediately and is FREE of charge. |
| Subsidised Dental Services | Ph: 9313 0555 | ☀ Some private dentists will give people with a Pensioner Concession Card, Health Care Card or a Seniors Card a fee reduction. |

Diabetes

Diabetes is a chronic disease characterised by high blood glucose levels resulting from the body not producing insulin or using it properly. Insulin is a hormone needed for glucose to enter the cell and be converted to energy.

Risk factors for Type 2 diabetes include being overweight, high blood pressure, poor diet.

Being on anti-psychotic medication can increase the risk of getting diabetes. In particular taking amisulpride (Solian[®]), aripiprazole (Albify[®]), chlorpromazine (Largactil[®]), clozapine (Clopine[®], Clozaril[®], Clozapine Synthron[®]), olanzapine (Zyprexa[®]), pericyazine (Aldazine), quetiapine (Seroquel[®]), thioridazine or ziprasidone (Geodon[®]) may put you at higher risk of getting diabetes. Medication including droperidol (Droleptan[™]), flupenthixol (Fluanxol[®]), fluphenazine (Modecate[®]), haloperidol (Haldol[™], Serenace), risperidone (Risperadal[®]) and trifluoperazine are lower risk. (Taken from Memorandum from Chief Psychiatrist, www.chiefpsychiatrist.health.wa.gov.au/publications/docs/Risk_of_Hyperglycaem.pdf. Retrieved 25/10/06).

| Resource | Where? | Information |
|---|--|---|
| Diabetes Australia - WA | www.dawa.asn.au/ 48 Wickham Street East Perth Ph: 08 93257699 | <ul style="list-style-type: none"> ☀ Education ☀ Information ☀ Support ☀ Referral |
| Diabetes Australia | www.diabetesaustralia.com.au | ☀ Fact sheets |
| Diabetes Online counselling | www.diabetescounselling.com.au | ☀ Online counselling for people with diabetes & their families |
| DIAL - Diabetes Information Advice Line | 1300 136 588 | <ul style="list-style-type: none"> ☀ Education ☀ Information ☀ Support ☀ Referral |

Eye Health and Optical

It is very important to look after your eyes and to be tested if you have any problems with your vision. Some medications affect eyesight so talk to your treating doctor if you are experiencing this side effect.

| Resource | Where? | Information |
|--------------------------|---|---|
| Optometrist Examinations | Bulk-billing Opticians and Optometrists Ph: 13 20 11 | ☀ Everyone is entitled to a free comprehensive eye examination once every two years. Medicare only pays the scheduled fee so need to check whether the optician or optometrist bulk-bills. |
| Spectacle Subsidy Scheme | www.health.wa.gov.au/services/detail.cfm?Unit_ID=448 Ph: 9222 4222 Applied through the optometrist you are purchasing a pair of glasses from. | ☀ Assists with the purchase of a complete pair of prescribed spectacles or lenses by providing a fifty percent subsidy of the total cost to a maximum of \$50. ☀ This assistance is available once every two years, subject to eligibility criteria. ☀ People on Disability Pensions eligible. ☀ Optometrists provide claim forms. |
| WA Opticians Associates | www.waopticians.com.au 122 Murray St Perth WA 6000 Ph: 9325 3254 | ☀ Discounted glasses for people receiving pensions or with Health Care Cards. |

First Aid / Ambulance

Would you know what to do if you came across an unconscious person on the ground or if a snake bit your friend? First aid courses are a great way to learn some potentially life saving skills and it looks great on your CV!! Also, what happens if you ever need an ambulance? This can be very expensive so ambulance cover can be useful.

| Resource | Where? | Information |
|-------------------------------|--|---|
| Ambulance Insurance Cover | Ph: 133 423 Metro wide service centres www.hbf.com.au | <ul style="list-style-type: none"> ☀ Provides cover for emergency ambulance transportation only ☀ Singles and Family rates |
| Red Cross | www.redcross.org.au/wa/ 110 Goderich Street East Perth WA 6004 Ph: 9325 5111 Freecall: 1800 810 710 Fax: 9325 5112 | <ul style="list-style-type: none"> ☀ Various types of first aid training, including mental health first aid ☀ Concession rates apply for some courses |
| St John Ambulance | www.ambulance.net.au Ph: 9334 1233 | <ul style="list-style-type: none"> ☀ Various types of first aid courses ☀ Concession rates apply ☀ Courses held in various locations in the metro area |
| St John Ambulance - Emergency | Ph: 000 | ☀ Call 000 if you require an ambulance in an emergency situation. |

Fitness and Exercise

The Heart Foundation recommends a total of at least 30 minutes of moderate physical activity on most days of the week. This will help maintain weight and fitness. Sometimes it is easier to stay motivated about exercise if you can do it with someone else - i.e. a friend, neighbour or by joining a group. Check out activities at your local council offices.

| Resource | Where? | Information |
|--------------------------------|--|--|
| Cycling | www.dpi.wa.gov.au/cycling/1515.asp | <ul style="list-style-type: none"> ☀ Maps of cycle paths ☀ List of cycling groups |
| Nutrition Australia | www.nutritionaustralia.org | <ul style="list-style-type: none"> ☀ Information about nutrition, healthy eating, meal planning ☀ Information about physical activity |
| Recreation Centres | See Local Government section | <ul style="list-style-type: none"> ☀ Recreation Centres are listed under Local Government ☀ Many have exercise and recreational groups at concession rates |
| Sport and Recreation Directory | www.dsr.wa.gov.au/srdirectory/industrydirectory.asp | ☀ Contact details for sporting and recreation organisations |
| Walking Groups | www.dpi.wa.gov.au/walking/1537.asp | ☀ List of walking groups throughout the metropolitan area. |

Gastrointestinal / Digestive

Many people feel embarrassed about talking about their digestive problems but it is really important to talk to your GP if you have any concerns. Doctors recommend that you eat plenty of fibre as part of a well balanced diet - remember 2 fruit and 5 vegetables a day!!!

| Resource | Where? | Information |
|--|--|---|
| Gastroenterological Society of Australia | www.gesa.org.au | <ul style="list-style-type: none"> ☀ Information and fact sheets about the digestive system and associated problems <ul style="list-style-type: none"> ○ The Digestive System ○ Mouth & Throat ○ Oesophagus ○ Stomach ○ Duodenum ○ Liver ○ Gallbladder ○ Pancreas ○ Small Intestine ○ Caecum ○ Appendix ○ Large Intestine ○ Rectum ○ Anus |
| My Dr - Gastrointestinal Centre website | www.mydr.com.au/default.asp?Section=gastrointestinalhealth | <ul style="list-style-type: none"> ☀ Bowel health ☀ Ulcers ☀ Gallbladder, liver and pancreas complaints ☀ Constipation, diarrhoea and digestion problems ☀ Gastroenteritis, tummy bugs and food safety ☀ Reflux ☀ Hiatus hernia ☀ Tests and investigations |

General Health Information

These websites offer a variety of information about health issues including illnesses, treatments, nutrition and exercise.

| Resource | Where? | Information |
|-------------------------------|--|--|
| Better Health Channel website | www.betterhealth.vic.gov.au/ | <ul style="list-style-type: none"> ☀ Provides information about a range of health and lifestyle issues |
| Health Direct | Ph: 1800 022 222 | <ul style="list-style-type: none"> ☀ 24hr/7day per week health advice line ☀ A nurse will provide advice. |
| Health Matters | www.abc.com.au/health/default.htm | <ul style="list-style-type: none"> ☀ Health articles written in user-friendly language about various health issues. ☀ Some personal stories. |
| Healthline | www.healthline.com | <ul style="list-style-type: none"> ☀ Website from USA ☀ General health information |
| MindBodyLife | www.mindbodylife.com | <ul style="list-style-type: none"> ☀ Physical and mental health website |
| My Dr website | www.mydr.com.au | <ul style="list-style-type: none"> ☀ Provides easy to read information about health issues. |
| Poisons Information Centre | Ph: 13 11 26 | <ul style="list-style-type: none"> ☀ Information about poisons and their effects ☀ Information about effects of medication taken incorrectly |

General Practice

Divisions of General Practice support local GP's in their area. Many have a designated Mental Health Liaison Person. Divisions of General Practice may be useful if you want to find out where GP's are in your local area. They will sometimes provide a list of practices that specialise in certain health areas i.e. mental health, women's health etc.

| Resource | Where? | Information |
|---|--|---|
| Canning Division of General Practice | www.canningdivision.com.au Unit 4 / 1140 Albany Hwy Bentley 6102 Ph: 08 9458 0505 Fax: 08 9458 8733 | |
| Fremantle Regional Division of General Practice | www.frdgp.com.au 10 Silas St East Fremantle WA 6158 Ph: 08 9319 0555 Fax: 08 9339 8355 | |
| GP Coastal (Perth Central Coast Division of General Practice) | www.pccdgp.com.au Hollywood Private Hospital Monash Avenue Nedlands WA 6009 Ph: 08 9389 9144 Fax: 08 9389 9797 | |
| Osborne Division of General Practice | www.odgp.com.au Suite 4/137 Main Street, Osborne Park 6017 Ph: 08 9201 0044 Fax: 08 9201 0033 | |
| Perth and Hills Division of General Practice | www.phdgp.com.au 48A James Street Guildford WA 6055 Ph: 08 9376 9200 Fax: 08 9279 8221 | |
| Perth Medical Practitioners website | www.doctors-4u.com/perth | <ul style="list-style-type: none"> ☀ Provides a list of GP's and specialists ☀ Small list of bulk billing GP's ☀ Locality guide to find a doctor in your area ☀ List of pharmacies, radiology and pathology |
| Rockingham - Kwinana Division of | www.rkdgp.com.au | |

| Resource | Where? | Information |
|------------------|---|--------------------|
| General Practice | 11 Stidworthy Court Kwinana, WA 6966 Telephone: 08 6363 5042 Fax: 08 9419 1099 | |

Healthy Eating

A healthy diet is important as it can help prevent:

- ☉ Some forms of cancer
- ☉ Overweight and obesity
- ☉ Coronary heart disease
- ☉ Constipation

It can also:

- ☉ Reduce blood pressure and blood cholesterol levels
- ☉ Improve control of diabetes.

The 'Go for 2 and 5' website suggests that adults eat *at least* 2 serves of fruit and 5 serves of vegetables per day. This equates to:

| | |
|---|---|
| <p>One serve of vegetables is 75 grams or:</p> <ul style="list-style-type: none"> ☉ 1/2 cup cooked vegetables ☉ 1 medium potato ☉ 1 cup salad vegetables ☉ 1/2 cup cooked legumes (dried beans, peas or lentils) | <p>One serve of fruit is 150 grams of fresh fruit or</p> <ul style="list-style-type: none"> ☉ 1 medium-sized piece (eg. apple) ☉ 2 smaller pieces (eg apricots) ☉ 1 cup canned or chopped fruit |
|---|---|

(Taken from www.gofor2and5.com.au , accessed 22/12/06)

| Resource | Where? | Information |
|------------------------|--|---|
| Better Health website | www.betterhealth.vic.gov.au | ☉ Information about healthy eating and exercise |
| Go for 2 and 5 website | www.gofor2and5.com.au/ | ☉ Information about healthy eating |
| MindBodyLife | www.mindbodylife.com.au/ | <ul style="list-style-type: none"> • Website with information tailored for people living with mental illness re physical health and wellbeing. • Information on nutrition and physical activity |
| Nutrition Australia | www.nutritionaustralia.org | <ul style="list-style-type: none"> • Information about nutrition, healthy eating, meal planning • Information about physical activity |
| Woolworths | www.woolworths.com.au | <ul style="list-style-type: none"> • Healthy recipes • Information about nutrition • Explaining food labels |

Hearing

We often take hearing for granted and it is not something we worry about until something goes wrong. It is important to get your hearing checked out by your GP and make sure you are not missing a sound!

| Resource | Where? | Information |
|-----------------------|--|---|
| Australian Hearing | www.hearing.com.au/ Ph: 131 797 | Services Provided: <ul style="list-style-type: none"> ☀ Assessing hearing ☀ Fitting hearing devices ☀ Regular hearing checks and monitoring ☀ Providing counselling and rehabilitative programs People Eligible for Services: <ul style="list-style-type: none"> ☀ Pensioner Concession Card holders ☀ Department of Veterans' Affairs Gold Repatriation Health Card holders ☀ Department of Veterans' Affairs White Repatriation Health Card holders specifying hearing loss ☀ Recipients of a sickness allowance from Centrelink. ☀ Dependants of a person in one of the above categories ☀ Members of the Australian Defence Forces ☀ Clients of CRS Australia ☀ All Aboriginal and Torres Strait Islander peoples aged 50 and over ☀ All Aboriginal and Torres Strait Islander peoples participating in a Community Development Employment Project (CDEP). |
| Better Hearing WA | www.betterhearingwa.iinet.net.au 29 West Parade PERTH WA 6000 Ph: 9328 7938 Fax: 9328 7550 TTY: 9328 7938 | <ul style="list-style-type: none"> ☀ Provides services for people with hearing loss ☀ Hearing Rehabilitation classes, lip-reading ☀ Advice about adaptive technology for telephones, television and alarms ☀ Provision of the Hearing Help card and Hospital Disc programs |
| Lions Hearing Clinics | www.earscience.org.au | <ul style="list-style-type: none"> ☀ Adult and paediatric assessments |

| Resource | Where? | Information |
|----------|--|--|
| | <p>Lions Ear and Hearing Clinics:</p> <p>3rd Floor, A Block Sir Charles Gairdner Hospital Nedlands WA 6009 Ph: 9346 3071 Fax: 9346 3042</p> <p>Suite 207, 2nd Floor Joondalup Medical Centre Joondalup Health Campus Shenton Avenue Joondalup WA 6027 Ph: 9400 9970 Fax: 9400 9975</p> <p>Suite 3, Winthrop Court 143-147 Somerville Boulevard Winthrop WA 6150 Ph: 9313 7000 Fax: 9313 8000</p> | <ul style="list-style-type: none"> ☀ FREE hearing assessments for pensioners and DVA clients ☀ Hearing aid fitting and rehabilitation ☀ Cochlear implant assessments and rehabilitation ☀ Tinnitus assessment and management ☀ Vestibular assessments ☀ Otoacoustic emission testing ☀ Auditory brainstem response (ABR) testing ☀ Auditory processing assessments ☀ Fitting of swim plugs, noise protection and musicians earplugs |

Heart

Did you know that walking for 30 minutes a day can help maintain good heart health? Also, having a diet rich in fruit, vegetables and whole grains is excellent for a happy heart.

| Resource | Where? | Information |
|-------------------------------------|--|---|
| National Heart Foundation Australia | <p>www.heartfoundation.com.au</p> <p>334 Rokeby Road Subiaco WA 6008</p> <p>Ph: 08 9388 3343 Fax: 08 9388 3383</p> | <ul style="list-style-type: none"> ☀ Information about heart health ☀ Heart Health activities |
| HeartNet | <p>http://heartnet.cci.ecu.edu.au/</p> | <ul style="list-style-type: none"> ☀ Trial for an online community for people with heart problems. |

Hepatitis / HIV

Hepatitis is the inflammation of the liver. **Hepatitis A** is very contagious and can be passed on through contact with contaminated faecal matter (poo). This may occur if you drink contaminated water, have oral or anal sex with an infected person, don't wash your hands properly after going to the toilet or using the same eating utensils that have been handled by an infected person. **Hepatitis B** is found in body fluids including blood, saliva, semen, mucus, vaginal fluid and breast milk. It can be easily transmitted through sexual activity, sharing injecting equipment, sharing toothbrushes or razors, unsterilised tattooing and body piercing equipment and from mother to child at birth. **Hepatitis C** is a blood borne virus and can be transmitted between people via blood-to-blood contact. This can be by sharing needles, using dirty tattooing or piercing equipment and needlestick injuries. You can get immunised for Hepatitis A and B. (Taken from the Australian Hepatitis Council website www.hepatitisaustralia.com, 26/10/06)

HIV stands for Human Immunodeficiency Virus and is infectious and can be transmitted from one person to another. AIDS stands for Acquired Immune Deficiency Syndrome and is a set of illnesses sometimes called opportunistic infections, which affect people with advanced HIV. You cannot transmit AIDS. HIV can be transmitted between people by sharing injecting/piercing equipment, having unprotected sex or by an infected mother passing it on to her baby, before and during birth or by breast-feeding. (Taken from WA Aids Council website www.waids.com, 26/10/06)

| Resource | Where? | Information |
|------------------------------|---|--|
| Australian Hepatitis Council | www.hepatitisaustralia.com/ | ☀ Information about Hepatitis A, B, C and others |
| Hepatitis Council of WA | www.hepatitiswa.com.au Level 4, 102 James Street Northbridge WA 6865 Ph: 9227 9800 (Admin) Ph: 9227 8538 (Information and Support) Ph: 1800 800 070 (WA country callers) Fax: 9227 6545 | Information about Hepatitis C ☀ What is Hep C ☀ How do you get Hep C ☀ Prevention ☀ Keeping Well ☀ Services |
| WA Aids Council | www.waids.com 664 Murray Street West Perth WA 6005 Ph: 9482 0000 Fax: 9482 0001 | ☀ Information about HIV and AIDS ☀ Support and services for people living with HIV |

Indigenous Health

These health services are specifically for indigenous people.

| Resource | Where? | Information |
|---|--|---|
| Derbarl Yerrigan | <p>www.derbarlyerrigan.com.au</p> <p>156 Wittenoom St East Perth WA 6004 Ph: 9421 3888 Fax: 9421 3883</p> <p>Unit 1-3, Lot 5, Binley Place Maddington WA 6109 Ph: 9452 5333 Fax: 9452 5344</p> <p>22 Chesterfield Road Mirrabooka WA 6061 Ph: 9344 0444 Fax: 9344 0499</p> | <p>Services offered by East Perth include:</p> <ul style="list-style-type: none"> ☀ GP services - Community Aged Care Packages - Dental - Ear and Eye health - Physiotherapy - Podiatry <p>Services offered by Maddington include:</p> <ul style="list-style-type: none"> ☀ GP services - Maternal & Child Health Program - Environmental Health Program - Ear and Eye health - Physiotherapy <p>Services offered by Mirrabooka include:</p> <ul style="list-style-type: none"> ☀ GP services - Ear and Eye health - Physiotherapy - Home and Community Care Program |
| Noongar Alcohol and Substance Abuse Service Inc | <p>www.nasas.org.au</p> <p>176 Wittenoom St East Perth WA 6004</p> <p>Ph: 9221 1411 Fax: 9221 1585</p> | <ul style="list-style-type: none"> ☀ Counselling, community and family work ☀ Group counselling |

Kidney

Your kidneys have a number of roles including removing waste from your body, helping to control blood pressure, helping to produce red blood cells and keeping our bones strong. People at highest risk of kidney illness are people with diabetes or high blood pressure, indigenous people, people over the age of 50, people with a family history of kidney disease and smokers. If you think you may be at risk, you can ask your GP for a kidney performance check.

| Resource | Where? | Information |
|---------------------------------|--|--------------------------------|
| Kidney Health Australia Website | www.kidney.org.au | ☀ Information ☀ Fact sheets |
| Kidney Health Info Line | 1800 682 531 | ☀ Information |

Laughter

Laughter not only makes you feel good but research is showing that it can be beneficial for your health. There are a number of laughter clubs around Perth which practice laughter to build healthier and happier minds, bodies and communities.

| Resource | Where? | Information |
|-------------------------|--|--|
| Janni the Laughter Lady | www.jannithelaughterlady.com | ☀ Information and links about laughter and laughter clubs ☀ Laughter Prescription |
| Laugh WA | www.laughwa.org.au | ☀ Lists Laughter Clubs run in metropolitan and regional areas. |
| Laughter Yoga | http://laughteryoga.org | ☀ Benefits of laughter ☀ Inspirational writings ☀ Research |

Medicare

Phone: 132011

Web: www.medicareaustralia.gov.au/

You are eligible to receive Medicare benefits if:

- You hold Australian citizenship
- You have been issued with a permanent visa
- You hold New Zealand citizenship
- You have applied for a permanent visa (excludes an application for a parent visa)

Medicare covers:

- Consultation fees for doctors, including specialists
- Tests and examinations by doctors needed to treat illnesses, including X-rays and pathology tests
- Eye tests performed by optometrists
- Most surgical and other therapeutic procedures performed by doctors
- Some surgical procedures performed by approved dentists
- Specified items under the Cleft Lip and Palate Scheme
- Specified items for allied health services as part of the Enhanced Primary Care (EPC) program—contact Medicare on 132 011 for more information
- Inpatient treatment at a public hospital if you nominate to be admitted as a public patient
- Assessment and therapy received from clinical psychologists or other allied health professionals who are registered with Medicare and your GP has referred you.

Medicare does not cover:

- Private patient hospital costs (for example, theatre fees or accommodation)
- Dental examinations and treatment (except specified items introduced for allied health services as part of the Enhanced Primary Care (EPC) program)—contact Medicare for more information
- Ambulance services
- Home nursing
- Physiotherapy, occupational therapy, speech therapy, eye therapy, chiropractic services, podiatry
- Acupuncture (unless part of a doctor's consultation)
- Glasses and contact lenses
- Hearing aids and other appliances
- The cost of prostheses
- Medicines (except for the subsidy on medicines covered by the Pharmaceutical Benefits Scheme)
- Medical and hospital costs incurred overseas
- Medical costs for which someone else is responsible (for example a compensation insurer, an employer, a government or government authority)
- Medical services which are not clinically necessary
- Surgery solely for cosmetic reasons
- Examinations for life insurance, superannuation or membership of a friendly society

If you are not already enrolled with Medicare you need to fill out an enrolment form available online or from your local Medicare office. When enrolling, you need to show original or certified copies of documents such as a birth certificate or passport to prove that you are eligible. Please call Medicare to check what documents you need. If you have lost your Medicare card, you can call Medicare on 132 011, attend a Medicare Office (a form is not required), post a request to Medicare, GPO Box 9822 in your capital city (a form is not required), or use Medicare Australia's online services.

Enhanced Primary Care Plan

If you have a complex or chronic health condition, you may be eligible for the Enhanced Primary Care Plan. This provides rebates for up to five allied health appointments per year. Referrals must be made through a GP.

(Adapted from www.medicareaustralia.gov.au/ Accessed 21/12/06)

Medication

Medication can be an important tool in managing physical and mental health concerns and needs to be taken exactly as prescribed. With some medications it is dangerous to suddenly stop taking them so talk to your prescribing doctor before doing so.

| Resource | Where? | Information |
|---|--|---|
| Pharmaceutical Benefits Scheme Information Line | Ph: 1800 020 613 | ☀ People with Pensioner Concession Cards or Health Care Cards are entitled to buy prescription medicine at concession rates (\$4.70) |
| Medicines Line | Ph: 1300 888 763 | ☀ Information line about prescription medicines and over the counter health products. ☀ It is not an emergency line. |
| Pharmacy By Mail | www.pharmacybymail.com.au Ph: 1300363 877 Ph: 9247 1688 Shop 20, Newpark Shopping Centre Templeton Cres & Marangaroo Drv Girrawheen WA 6064 Ph: 9247 1688 | ☀ Prescriptions and other products can be ordered by mail, online or by phone and delivered home. |
| The Australasian Cochrane Centre | www.cochrane.org.au | ☀ Information about studies, reviews and research undertaken in the health care field. ☀ Information about evidence based practice |

PBS Safety Net

For people who have to spend a lot of money on medication, Medicare provides a 'safety net' threshold. Once that amount of money has been spent, medication can be purchased at a reduced rate or for people with concession cards, free. This only applies for medication listed on the PBS register. If you only go to one pharmacy, they will keep a record of what you have spent (it's good to check they are thorough). If you purchase medication from different pharmacies, it is best that you keep your own personal record, with receipts.

Meditation, Yoga and Tai Chi

| Resource | Where? | Information |
|--|---|---|
| Recreation Centres | See Local Government section | ☀ Many centres have yoga, meditation, or tai chi classes at a cheaper rate than specialist centres. |
| Taoist Tai Chi Society - National Office | www.taoist.org.au 75 Railway Rd, East Fremantle WA 6158 Ph: 08 9339 1331 Fax: 08 9319 2269 | ☀ List of tai chi classes available in Perth |

Yoga

There is no single yoga directory or association in Perth. There are many yoga studios in Perth and with varying costs - one way to find out where your local studio is to look up the Yellow Pages - either in your phone book at home or at www.yellowpages.com.au. Also, many recreation or community centres hold yoga classes.

Meditation

Meditation is a great way of relaxing and learning to clear your mind. There are many places that you can learn and practice yoga and they can be found in the Yellow Pages too.

Men's Health

There are some health issues that are specific to men and it is important to get any concerns checked out.

| Resource | Where? | Information |
|-----------------------------|--|---|
| Men's Health website | www.mydr.com.au/default.asp?Section=men%60shealth | <ul style="list-style-type: none"> ☀ Information about various men's health issues |
| Prostate Cancer Foundation | www.prostate.org.au | <ul style="list-style-type: none"> ☀ Information about prostate cancer ☀ Links to other relevant websites ☀ List of local support groups |
| Testicular Self Examination | www.betterhealth.vic.gov.au/BHC/V2/bhcarticles.nsf/pages/Testicular_self_examination?OpenDocument | <ul style="list-style-type: none"> ☀ How to examine your testicles ☀ Information about testicular cancer |

Pathology

Pathology is the study of disease. Sometimes when you see a GP or specialist, they will do some tests or ask you to visit a pathology centre to have particular tests done. These can include procedures such as blood tests, urine or stool tests, pap smears for women or biopsies (some of which may be done surgically). The collected matter then undergoes scientific investigations to determine whether you have a disease, infection, virus or other condition.

There are many pathology centres and collection points in the metropolitan area. The following four pathology laboratories are often used by doctors - they will usually give you a form with what test needs to be done and a list of places you can go to. You may need to phone and book an appointment. For some tests, you can walk in any time during opening hours without having to organise an appointment - it may be best to ring and ask first.

| Resource | Where? | Information |
|------------------------------|--|-------------|
| Pathwest | www.pathwest.com.au General Enquiries: 9346 3000 | |
| Clinipath | www.clinipath.net General Enquiries: 9476 5222 | |
| St John of God | www.sjoq.org.au General Enquiries: 1300 367 674 | |
| Western Diagnostic Pathology | www.wdp.com.au General Enquiries: 9317 0999 | |

Physiotherapy

Physiotherapists help people who have injuries or conditions that cause pain or restriction in movement. They use drug free techniques such as massage, manipulation and exercise to treat muscular pain. Most physiotherapists work in a private practice and you do not need a referral to make an appointment.

| Resource | Where? | Information |
|--|--|--|
| Curtin University Physiotherapy and Sports Physiotherapy Clinics | http://physiotherapy.curtin.edu.au/clinical/physio.cfm Bentley Clinic at Curtin University of Technology Building 404, Level 3, off Brand Drive, Bentley WA Ph: 9266 1210 for enquiries and bookings. Sir Charles Gairdner Hospital Clinic Verdun Street, Nedlands WA Ph: 9346 2337 for enquiries and bookings. | Treatment for: <ul style="list-style-type: none"> ☀ Back and neck pain ☀ Headaches ☀ Arthritis and joint pain ☀ Sports/musculoskeletal injuries ☀ Post-surgical rehabilitation ☀ Injury rehabilitation |

Podiatry

Podiatrists prevent, diagnose, and treat diseases and disorders that affect the human foot and ankle. They supply and administer medication and corrective foot orthotic devices, and perform foot surgery.

| Resource | Where? | Information |
|---------------------|---|--|
| Citiplace | www.cityofperth.wa.gov.au Upper Level, City Railway Complex Perth Ph: 9325 3688 or 9325 3264 | <ul style="list-style-type: none"> ☀ Podiatry Service available to people on Aged or Disability Support Pensions. Fees from \$16.00 |
| UWA Podiatry Clinic | http://cms.meddent.uwa.edu.au Cnr Park and Crawley Avenues Crawley WA 6009 Ph: 6488 4522 | <ul style="list-style-type: none"> ☀ Podiatry services from supervised students ☀ Reduced fees ☀ Referrals from medical and other health professionals accepted ☀ Self referrals accepted also |

Psychology

Psychologists provide specialist services to help people deal with problems such as grief, trauma, mental illness, stress and anger. Psychologists work for the mental health system and you may be able to access one through your local clinic. Rebates have been available since November 1, 2006 for services provided by psychologists who are registered with Medicare. There may be some gap that patients are liable to pay, though some psychologists may bulk bill on request.

| Resource | Where? | Information |
|--|---|--|
| Better Access to Mental Health Care Initiative | www.health.gov.au/internet/wcms/publishing.nsf/Content/Council+of+Australian+Governments-1 | <ul style="list-style-type: none"> ☀ GP's can provide early intervention, assessment and management of patients with mental illnesses. ☀ GP's can refer people to clinical psychologists or other allied health professionals who are registered with Medicare. Rebates are available. |
| Better Outcomes in Mental Health Care Initiative | <p>http://adgp.com.au/site/index.cfm?display=2550</p> <p>Referrals through your GP (who must be registered with this program).</p> | <ul style="list-style-type: none"> ☀ GP's registered with this program can refer people to 6-12 sessions with a psychologist or other allied health professional. Cost is \$10 to \$25 per session, depending on income. |
| Curtin University Psychology Clinic | <p>http://psych.curtin.edu.au/clinics/index.htm</p> <p>Room 223, Building 404 Health Sciences Two Curtin University of Technology Kent Street, Bentley 6102</p> <p>Ph: 08 9266 3436 Fax: 08 9266 3178.</p> | <ul style="list-style-type: none"> ☀ Service provided by Clinical Psychology trainees who are supervised. ☀ One-to-one sessions ☀ Support group for people living with OCD ☀ Fees are on a sliding scale depending on income. |
| Murdoch Psychology Clinic | <p>www.psychology.murdoch.edu.au/clinic/clinichome.html</p> <p>Located in School of Psychology at Murdoch University</p> <p>Ph: 93602570</p> | <ul style="list-style-type: none"> ☀ Service provided by supervised Clinical Psychology trainees ☀ Concessions available - Fees may be waived in certain circumstances ☀ Semester times only |
| Robyn Winkler Clinic | <p>www.psychology.uwa.edu.au/about/the_school/robin_winkler_clinic</p> <p>10-12 Parkway Nedlands WA 6009</p> <p>Ph: 6488 2644</p> | <ul style="list-style-type: none"> ☀ Low cost service provided by supervised Clinical Psychology trainees ☀ Some groups may be run including smoking cessation, social phobia and weight management. |

Quit Smoking

Smoking is a serious health problem in our society and can significantly increase the risk of developing heart disease, cancer and respiratory problems. It can be difficult to quit, but with support you can do it. Your GP can provide information and ongoing support if you want to quit. You need to inform your GP of any medication you are on if you are giving up, as cigarettes can affect some medications.

| Resource | Where? | Information |
|---------------------|--|---|
| Fresh Start Courses | www.cancerwa.asn.au/freshstart The Cancer Council WA 46 Ventnor Avenue West Perth 6005 Ph: 9212 4333 Cancer Council Helpline 13 11 20 | <ul style="list-style-type: none"> ☀ Nationally recognised and accredited quit smoking program. ☀ Course comprises of 8 one-hour sessions held over four weeks. ☀ Courses are run regularly throughout the year. ☀ Cost of the course is \$100 per person or \$50 concession. Some of the major health funds also provide a rebate depending on your level of cover |
| Quit WA | www.quitwa.com Quitline 131848 | <ul style="list-style-type: none"> ☀ Online support program to quit smoking ☀ Information about stopping smoking ☀ Telephone support |

Sexual Health

| Resource | Where? | Information |
|---|---|---|
| <p>FPWA</p> | <p>www.fpwa.org.au/</p> <p>70 Roe Street Northbridge WA 6003</p> <p>Ph: 9227 6177 Fax: 9227 6871</p> <p>Sexual Health Helpline: Ph: 9227 6178</p> | <ul style="list-style-type: none"> ☀ Clinical Services Medical service with doctors and nurses who can consult on sexual health issues such as contraception, Pap smears, sexually transmissible infection (STI) & HIV screening and treatment, pregnancy tests, planned/unplanned pregnancy information, sexual difficulties, PMT/period problems, menopause and fertility issues. ☀ Sexual Health Helpline - talk to a nurse about any sexual health issues ☀ Specialist counselling service for relationships and sexual health issues, including unplanned pregnancy, infertility, sexuality, termination of pregnancy, sexual problems and more. ☀ Library & Bookshop. ☀ People 1st Programme (PIP) providing a spectrum of human relationships and protective education services for people with a developmental, intellectual or learning disability, and for parents, carers and service providers. ☀ Magenta provides health services, support, education and information to female, male and transgender workers in the sex industry. |
| <p>Quarry Health Centre for under 25s</p> | <p>7 Quarry Street Fremantle WA 6160</p> <p>Ph 9430 4544 Fax 9430 8114</p> | <ul style="list-style-type: none"> ☀ A sexual health service for young people under 25. Provides clinical services, education, counselling and library services. |

| Resource | Where? | Information |
|---------------------------------------|--|--|
| Sexual Assault Referral Centre (SARC) | http://kemh.health.wa.gov.au/services/sarc/ 24 Hour Crisis Line: 9340 1828 or 1800 199 888. (FreeCall) 24 Hour Counselling Line: 9340 1899 | <ul style="list-style-type: none"> ☀ Service available for men, women and young people over the age of 13 years. ☀ Call Crisis Line if you have experienced a sexual assault within the past 14 days. ☀ Call Counselling Line if you experienced a sexual assault more than 14 days ago. ☀ Website has information about sexual assault and what services are available. |
| Gay and Lesbian Community Service | www.glcs.org.au Ph: 9486 9855 Counselling Line: 9420 7201 | <ul style="list-style-type: none"> ☀ Telephone counselling for same sex attracted people ☀ Courses and support groups |

Skin

Australia has the highest rates of skin cancer in the world and it is very important to protect your skin from UV rays. Always cover up, wear a hat and approved sunglasses, use sunburn cream and stay in the shade as much as you can - remember the 'slip, slop, slap' campaign! It is also important to get your GP to check your skin, especially if you notice any unusual changes i.e. a mole, freckle or a suspicious spot that has changed colour, size or shape, a skin spot that looks different to others around it or an inflamed sore that doesn't heal after 3 weeks.

(Taken from Sun Smart website, Accessed 21/12/06).

| Resource | Where? | Information |
|-----------|---|---|
| Sun Smart | www.cancerwa.asn.au/prevention/sunsmart/ Cancer Council Help Line 13 11 20 | <ul style="list-style-type: none"> ☀ Information about skin cancer - what it is, how to prevent it, getting tested |

There are many specialist skin cancer and mole clinics in the metropolitan area. These can be found in the white pages or www.whitepages.com.au. The clinics are usually run by GP's and some will bulk bill. Before attending one of these clinics, check the qualifications and experience of the staff who will examine you and, what cost arrangements are (appointments may be bulk billed but treatment will cost extra). For further information, check out 'Your Guide to Skin and Mole Clinics' on The Cancer Council of WA website

www.cancerwa.asn.au/resources/documents/publications/prevention/0502_skinclinic_fs.pdf, accessed 5/1/07).

Sleep

Not sleeping well can significantly affect both your physical and mental health. Conditions such as snoring and sleep apnoea can leave people feeling unrested, sleepy and unable to enjoy their day. Sleep apnoea occurs when a person's breathing is partially obstructed due to the muscles supporting the upper airway relaxing and resulting in loud snoring and waking up momentarily. Treatment may include lifestyle changes, or using specialised equipment to help you breath properly while sleeping.

(Taken from WASDRI website, accessed 5/1/07)

| Resource | Where? | Information |
|--|---|---|
| Narcolepsy and Overwhelming Daytime Sleep Society of Australia (NODSS) | www.nodss.org.au Ph:03 9761 9767 | <ul style="list-style-type: none"> ☀ Information and support about sleep disorders ☀ Based in Melbourne ☀ 24 Hour Counselling and information line for people with sleep disorders |
| Perth Sleep Clinic | www.healthscopehospitals.com.au/info/detail/HospitalHome/get/21/hospitalId/0/0/ Suite 40/146 Mounts Bay Road Perth WA 6005 Ph: 08 9481 2244 | <ul style="list-style-type: none"> ☀ Need to be referred by GP or Specialist ☀ Private Hospital |
| Sleep Disorders Association of Australia | www.sleepoz.org.au Ph: 08 9332 1037 | <ul style="list-style-type: none"> ☀ Information and support for people with sleep disorders ☀ Seminars |
| St John of God Sleep Centre | www.sjog.org.au 12 Salvado Road Subiaco WA 6008 Ph: 9382 6855 | <ul style="list-style-type: none"> ☀ Need to be referred by GP or Specialist ☀ Private Hospital |
| West Australian Sleep Disorders Research Institute (WASDRI) | www.wasdri.org.au Queen Elizabeth II Medical Centre Hospital Avenue, Nedlands WA 6009 Ph: 08 9346 2422 Fax: 08 9346 2822 | <ul style="list-style-type: none"> ☀ Need to be referred by GP or Specialist ☀ There may be some cost for equipment. |

Women's Health

The following services and websites are concerned with health issues that specifically affect women.

| Resource | Where? | Information |
|--|---|--|
| BreastScreen WA | <p>www.breastscreen.health.wa.gov.au</p> <p>Ring 132050 to make an appointment for a free screening mammogram. An appointment will be made for you at your nearest BreastScreen WA location</p> <p>Suite 1, Shop 15A, Hometown Cannington, 1490 Albany Highway Beckenham WA 6107</p> <p>Second Floor City House 22 Queen Street Fremantle WA 6160</p> <p>Reid Promenade Joondalup WA 6027</p> <p>Shop 14/27 Old Great Northern Highway Midland WA 6056</p> <p>29 Yirrigan Drive Mirrabooka WA 6061</p> <p>50 Murray Street Perth WA 6000</p> <p>Unit 2/12 Leghorn Street, Rockingham WA 6168</p> | <ul style="list-style-type: none"> ☀ Free screening mammography service ☀ You need to be 40 years or over with no breast symptoms. |
| Fremantle Women's Health Centre | <p>114 South St Fremantle WA 6160</p> <p>Ph: 9430 4545</p> | <ul style="list-style-type: none"> ☀ Advice and information ☀ Clinical services ☀ Library resources ☀ Counselling and group meetings |
| Gynaecological Awareness Information Network (GAIN) | <p>www.gain.org.au</p> <p>Demountable opposite KEMH Hensman Road, Subiaco Ph: 08 9340 1670</p> | <ul style="list-style-type: none"> ☀ Information about gynaecological cancers ☀ Online support groups |
| King Edward Hospital Consumer Health Library <i>King Edward Hospital Consumer</i> | <p>www.wchs.health.wa.gov.au</p> <p>King Edward Memorial Hospital for Women 374 Bagot Road</p> | <ul style="list-style-type: none"> ☀ Resource library specialising in women's and infant's health. |

| Resource | Where? | Information |
|---------------------------------------|--|--|
| <i>Health Library (cont)</i> | Subiaco WA 6008 Ph: 08 9340 1100 Ph: 1800 651 100 (Toll free) Fax: 08 9340 1124 | |
| Midland Women's Health Care Place | 61 Morrison Road Midland WA 6056 Ph: 9250 2221 Fax: 9250 2268 | <ul style="list-style-type: none"> ☀ Preventative health checks such as PAP smears and breast examinations ☀ Groups and courses covering post-natal depression, confidence building, menopause, assertive communication, dealing with grief and loss, relaxation and meditation ☀ Counselling ☀ Therapeutic services |
| South Coastal Women's Health Services | 4 Civic Boulevard Rockingham WA 6168 Ph: 9550 0900 | <ul style="list-style-type: none"> ☀ Women's health ☀ Counselling ☀ Support groups |
| The Jean Hailes Foundation | www.jeanhailes.org.au Ph (toll free): 1800 151 441 | ☀ Information and fact sheets about women's health issues |
| Women's Health Services | www.whs.org.au 100 Aberdeen Street Northbridge WA 6003 Ph: 08 9227 8122 Fax: 08 9227 6615 | <ul style="list-style-type: none"> ☀ Health education ☀ Self Help Groups ☀ Clinical services ☀ Counselling ☀ Referral services ☀ Resources ☀ Mental Health Community Outreach Program - individual and group support for mums and children |
| Women's Healthworks | Joondalup Lotteries House 70 Davidson Tce Joondalup WA 6027 Ph: 9300 1566 | <ul style="list-style-type: none"> ☀ Information ☀ Education ☀ Support ☀ Social groups ☀ Counselling ☀ Medical clinics |
| Women's Information Service | www.women.wa.gov.au Level 7, Dumas House 2 Havelock Street West Perth WA 6005 Ph: 08 6217 8230 Ph: 1800 199 174 (freecall) Fax: 08 9481 0441 | ☀ Phone information and referral service for women. |

Other Resources

There are many other health services and resources that are not mentioned in this book. Record the details of any websites or services that you have found useful here.

| Resource | Where? | Information |
|----------|--------|-------------|
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PART 2- OTHER SERVICES

Advocacy / Legal

There are many services that can help you if you need some advice or wish to make a complaint or take action. Most of these services are free though some legal services will charge a fee based on income.

| Resource | Where? | Information |
|--|---|---|
| Council of Official Visitors | www.coov.org Unit 1/18 Harvest Terrace West Perth WA 6005 Ph: 9226 3266 or Freecall: 1800 999 057 | <ul style="list-style-type: none"> ☀ Advocacy and information for people, who are involuntary patients in hospital, are under a Community Treatment Order (CTO) or live in a licensed psychiatric hostel or group home. |
| Federation of Community Legal Centres WA | Ph: 08 9221 9322 www.lawsocietywa.asn.au | <ul style="list-style-type: none"> ☀ Will refer you to your local community legal centre or one that specialises in particular legal areas. |
| Health Consumers Council | www.hcc-wa.global.net.au Unit 13/14 Wellington Fair 4 Lord Street Perth WA 6000 Ph: 08 9221 3422 Freecall: 1800 620 780 Fax: (08) 9221 5435 | <ul style="list-style-type: none"> ☀ Health information and referral telephone service. ☀ Advocacy and information for individuals with problems with the health system ☀ Health Issues Group - discuss health issues affecting you and action that can result. |
| Mental Health Law Centre | www.mhlcwa.org.au 33 Brisbane Street Perth WA 6000 Ph: 9328 8266 Fax: 9328 8577 | Legal Centre that specialises in matters around mental illness and the law including: <ul style="list-style-type: none"> ☀ Legal advice and representation in Mental Health Act 1996 matters ☀ Legal advice and representation in criminal law, guardianship and administration, criminal injuries compensation, freedom of information, employment and discrimination, and family law ☀ Legal information and referral service ☀ Legal education and training in mental health legal issues ☀ Library |
| Ombudsman <i>Ombudsman (cont)</i> | www.ombudsman.wa.gov.au Ph: 9220 7555 Freecall: 1800 117 000 | The Ombudsman can receive and investigate complaints about: <ul style="list-style-type: none"> ☀ State Government departments, statutory authorities and corporations |

| Resource | Where? | Information |
|--|---|--|
| | | <ul style="list-style-type: none"> ☀ the Western Australia Police Service and its members, where the complaint relates to a matter of administration; ☀ local governments (ie. Cities, Towns and Shires); ☀ public universities; ☀ public sector bodies and office-holders. |
| Police | www.wapol.gov.au Ph: 13 1444 (non-emergency) Ph: 000 (emergency only) | <ul style="list-style-type: none"> ☀ You can be linked to the nearest police station in WA by phoning the non-emergency phone line |
| S.P.I.N. - Sound Psychiatric Information Network | Ph: 0412 522387 (Ingrid - Chairperson) | <ul style="list-style-type: none"> ☀ Consumer advocacy group in Rockingham area. ☀ Mental health awareness ☀ Social Activities |
| Tenants Advice Service | Metro Tenant Advice: Ph: 08 9221 0088 Country Advice: 1800 621 888 Fax: 08 9221 9609 | <ul style="list-style-type: none"> ☀ Provides information on tenants rights and obligations, advocacy and assistance with tenant/landlord disputes, and issues relating to the Residential Tenancy Act WA, including assistance with Homeswest matters. |
| Welfare Rights and Advocacy Service | www.wraswa.org.au 98 Edward St Perth WA 6000 Ph: 9328 1751 | <ul style="list-style-type: none"> ☀ Information re Centrelink benefits, entitlements ☀ Advocacy and support when a person wants to complain or appeal against a decision made by Centrelink ☀ Assistance with tenancy issues ☀ Assistance with issues with government departments ☀ Self advocacy kits |

Carers Services

Mental illness can affect everyone in the family and sometimes it is useful to talk to someone and get some advice or information.

| Resource | Where? | Information |
|--|--|---|
| <p>ARAFMI Mental Health Carers & Friends Association Incorporated.</p> | <p>www.arafmi.asn.au/</p> <p>Oasis Lotteries House 37 Hampden Road Nedlands, WA 6009 Phone: 08 9389 9888 Fax: 08 9389 7530 Freecall 1800 811 747</p> <p>AAA Lotteries Complex 1st Floor 275 Stirling Street (corner Bulwer St) Perth, WA 6000 Phone: 08 9228 0579 Fax: 08 9228 0440 Rural Freecall 1800 811 747</p> <p>Endeavour Business Centre Unit 6, 32 Endeavour Road Hillarys, WA 6025 Phone: 08 9402 7022 Fax: 08 9402 7620</p> <p>29 William Street Midland, WA 6056 Phone: 08 9250 7611 Fax: 08 9250 7622</p> <p>7/1341 Albany Highway Cannington, WA 6107 Phone: 08 9258 7022</p> <p>Armadale / Kelmscott By Appointment Only Phone: 08 9258 7022</p> <p>Suite 8, 16 Phillimore Street Fremantle, WA 6160 Phone: 08 9335 7575 Fax: 08 9335 8225</p> <p>Peel CMHS (Mondays only) 110 Lakes Road Mandurah, WA 6210 Phone: 08 9531 8080</p> | <ul style="list-style-type: none"> ☀ Individual counselling for family and friends of a person with a mental illness. ☀ Share and Care Groups - information and support for family and friends: Cannington, Fremantle, Mandurah, Mirrabooka, Rockingham, Subiaco, Whitfords. ☀ Advocacy ☀ Youth services ☀ Holiday Respite ☀ Community and School Education |

| Resource | Where? | Information |
|--------------------------------------|--|---|
| <p><i>ARAFMI (cont)</i></p> | <p>Lotteries House (every Tuesday, afternoons only) 7 Anzac Road Mandurah, WA 6210 Phone: 08 9535 5844</p> <p>Rockingham CMHS (Wednesdays & Thursdays, Fridays only by appointment) Corner Clifton & Ameer Streets Rockingham, WA 6168 Phone: 08 9528 0600</p> | |
| <p>Carers WA</p> | <p>www.carerswa.asn.au</p> <p>www.youngcarers.net.au</p> <p>24hr Carer Counselling Line: 1800 007 332</p> <p>Commonwealth Carer Resource Centre: 1800 242 636</p> <p>255 Walcott Street North Perth WA 6006</p> <p>Phone: 08 9444 5922 Fax: 08 9444 8966</p> | <ul style="list-style-type: none"> ☀ Resource Library ☀ 24 Hour Telephone Counselling ☀ Face-to-Face Counselling (small cost) ☀ Telegroup Counselling ☀ Social Activities ☀ Short Breaks ☀ Carer Workshops ☀ Young Carer Support ☀ Advocacy ☀ Mental Health Carer Participation and Representation Program ☀ Indigenous and CALD support |
| <p>Commonwealth Carelink Centres</p> | <p>www.commcarelink.health.gov.au</p> <p>Ph: 1800 052 222 (freecall)</p> <p>East Metropolitan WA: 107 Wellington Street East Perth WA 6004</p> <p>North Metropolitan WA: Independent Living Centre of Western Australia (Inc.) The Niche, Suite A, 11 Aberdare Road Nedlands WA 6009</p> <p>South East Metropolitan WA Unit 3, 7 Gympie Way WILLETTON WA 6155</p> <p>South West Metro WA 41Ormsby Road</p> | <ul style="list-style-type: none"> ☀ Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia. |

| Resource | Where? | Information |
|---------------------------------|------------------------|---|
| Red Cross Carer Respite Centres | Freecall: 1800 059 059 | ☀ information and advice about respite care services and other assistance that is available to support Carers |

Children's and Young People's Services

| Resource | Where? | Information |
|---|---|--|
| Child and Youth Health | www.cyh.com | <ul style="list-style-type: none"> ☀ Information about child health ☀ Parenting information ☀ Child and young people friendly health information |
| COPMI (Children of Parents with Mental Illness) | www.copmi.net.au | ☀ Website containing information, resources for families, children, parents, lists of available services, contact details. |
| Crisis Care | www.community.wa.gov.au/Resources/Helplines/Crisis_Care_Helpline.htm Ph: 9223 1111 | Phone Crisis Care if: <ul style="list-style-type: none"> ☀ You need someone to help sort out a serious problem ☀ You are concerned about the wellbeing of a child ☀ You are escaping domestic violence and need help ☀ arguments are causing unhappiness and problems in your family ☀ You are alone or afraid and urgently need to talk to someone ☀ You are homeless ☀ You need counselling, information or other support |
| Headroom website | www.headroom.net.au | ☀ Information and resources about promoting good mental health in children and young people. |
| Its All Right website | www.itsallright.org/ | ☀ Website for young people providing information regarding mental illness |
| Kids Help Line | www.kidshelp.com.au Freecall: 1800 551 800 | ☀ 24 Hour telephone and online counselling for children and young people aged between 5 and 18 years. |
| Reach Out website | www.reachout.com.au | ☀ Website designed for young people with information and resources about a number of issues including mental health. |
| The Station Youth Centre | 4 Hefron Street Rockingham WA 6168 Ph: 9527 6633 | <ul style="list-style-type: none"> ☀ Outreach, support, advocacy, groups and counselling services for young people and their families ☀ Youth Arts |
| The Station Youth Health Service | 9 Baralda Court Rockingham WA 6168 | ☀ Alcohol & Drug Counselling/Information |

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|------------------|--|--|
| | Ph: 9527 7464 Fax: 9527 1287 | <ul style="list-style-type: none"> ☀ Sexual Health ☀ GP Service ☀ Community Nurses ☀ Young Parents Group |
| Somazone website | www.somazone.com.au | ☀ Website designed by young people for young people and provides information and discussion about a range of issues. |
| Ybblue website | www.beyondblue.org.au/ybblue/index.aspx | ☀ Website about young people and depression. Provides information and discussion. |

Counselling

| Resource | Where? | Information |
|--|--|---|
| Caledonia House Counselling | www.psychology.murdoch.edu.au/counselling/caladeniahouse.html 80 Railway St Cottesloe WA 6011 Ph: 9385 5835 | <ul style="list-style-type: none"> ☀ Counselling done by post-graduate trainee counsellors ☀ Semester times only ☀ Low fee and concessions available. Fees may be waived in certain circumstances. |
| Centre for Clinical Interventions | www.cci.health.wa.gov.au 223 James Street, Northbridge WA 6003 Ph: 9227 4399 Fax: 9328 5911 | <ul style="list-style-type: none"> ☀ Mood Management Course ☀ Group for people living with bipolar disorder ☀ Group for people living with social phobia and social anxiety ☀ Individual Therapy ☀ Online workbooks addressing issues such as <ul style="list-style-type: none"> ○ Coping with Depression ○ Coping with Bipolar Disorder ○ Coping with Social Anxiety ○ Coping with Panic Attacks ○ Mastering Your Worries ○ Overcoming Low Self-Esteem |
| Centrecare <i>Centrecare (cont)</i> | www.centrecare.com.au 456 Hay Street Perth WA 6000 Ph: 08 9325 6644 Fax: 08 9221 3631 22 Pattie Street Cannington WA 6107 Ph: 08 9451 1100 | <ul style="list-style-type: none"> ☀ Individual Counselling, Group Programs and Workshops <ul style="list-style-type: none"> ○ Abortion (post only), still birth or carrying an unplanned pregnancy to term ○ Abuse and violence ○ Accommodation issues ○ Alcohol and drug problems ○ Family conflict ○ Financial issues ○ Gambling problems |

| Resource | Where? | Information |
|-------------------------|---|--|
| | <p>Ph: 9490 2794</p> <p>Sanori House, Suite 5, 1st Floor 126 Great Boulevard Joondalup WA 6027 Ph: 9300 0460</p> <p>Woodbridge Medical Centre 37 Elanora Drive Coo loongup WA 6168 Ph: 9263 2050</p> | |
| Lifeline | <p>www.lifelinewa.org.au</p> <p>57 Murray St Perth WA 6000</p> <p>Ph: 08 9261 4444 Telephone Counselling: 13 11 14</p> | <ul style="list-style-type: none"> ☀ Provides face-to face counselling by appointment - Charged depending on income. ☀ 24 Hour Telephone Counselling |
| Relationships Australia | <p>www.relationships.com.au</p> <p>Ph: 1300 364 277</p> <p>Nulsen Haven Suite 28 Burton St Cannington WA 6107 Ph: 08 9489 6363</p> <p>1 Ord St Fremantle WA 6160 Ph: 08 9336 2144</p> <p>Suite 11, 1st Floor Agonis Lotteries House 2232C Albany Highway Gosnells WA 6110 Ph: 08 9394 0300</p> <p>Lotteries House 70 Davidson Terrace Joondalup WA 6027 Ph: 08 9301 2000</p> <p><i>Relationships Australia (cont)</i></p> <p>Kwinana Community Health Centre Kwinana WA 6167 Ph: 08 9535 5711</p> <p>7 Anzac Place</p> | <ul style="list-style-type: none"> ☀ Relationship Counselling ☀ Family Mediation ☀ Family Violence Prevention ☀ Relationship Skills courses ☀ Employee Assistance Services ☀ Family and Parenting Skills |

| Resource | Where? | Information |
|------------------------------|--|---|
| | <p>Mandurah WA 6210 Ph: 08 9535 5711</p> <p>27 The Crescent Midland WA 6056 Ph: 08 9250 1242</p> <p>80 Civic Boulevard Rockingham WA 6268 Ph: 08 9535 5711</p> <p>15 Cambridge St West Leederville WA 6007 Ph: 08 9489 6363</p> | |
| Samaritans | <p>www.thesamaritans.org.au</p> <p>Samaritan House, 60 Bagot Road, Subiaco WA 6008</p> <p>24 Hour Telephone Counselling Ph: 08 9381 5555</p> <p>Youthline Ph: 08 93882500</p> <p>Shadow of Suicide: Ph: (08) 9381 5725</p> | <ul style="list-style-type: none"> ☀ 24 Hour Telephone Counselling ☀ Shadow of Suicide - Telephone and Face-to Face Support for people affected by suicide |
| The Solace Association of WA | <p>www.solace.org.au/westaust.htm</p> <p>Telephone Support: 9381 1389, 9402 3423 and 9490.9018</p> | <ul style="list-style-type: none"> ☀ Grief support for people who have lost a partner through death. ☀ Grief support for children who have had a parent die. ☀ Regular support meetings in Perth, Applecross, Karrinyup and Kelmscott. |

Culturally and Linguistically Diverse (CALD) Services

| Resource | Where? | Information |
|---|--|--|
| Edmund Rice Centre | www.edmundricecentremirrabooka.com/ Unit 18, 22 Chesterfield Road Mirrabooka WA 6061 Ph: 08 9440 0625 Fax: 08 9440 0629 | <ul style="list-style-type: none"> ☀ Services for newly arrived refugees including learning English, cooking, sewing, art & craft, general casework, referral, advocacy. ☀ Services for Aboriginal Families |
| Ethnic Disability Advocacy Centre | www.edac.org.au 320 Rokeby Road Subiaco WA 6008 Ph: 9388 7455 Fax: 9388 7433 Freecall: 1800 659 921 | <ul style="list-style-type: none"> ☀ Information, referrals, support and advocacy for people and their families / carers from CALD communities with disabilities. |
| ISHAR Multicultural Centre for Women's Health | http://members.iinet.net.au/~ishar/ 8 Sudbury Place Mirrabooka 6061 PERTH WA Ph: 08 9345 5335 | <p>Health Services:</p> <ul style="list-style-type: none"> ☀ Multicultural Mental Health Counselling ☀ Clinical Service ☀ Health Education/Health Promotion ☀ Information & Referral <p>Multicultural Carers Support & Skills Development:</p> <ul style="list-style-type: none"> ☀ Weekly Carer Support Groups ☀ Information Sessions ☀ Counselling ☀ Short Breaks <p>Parenting from the Heart:</p> <ul style="list-style-type: none"> ☀ Parenting Workshops ☀ Discussion Forums ☀ Cultural Fiesta's ☀ Leadership Programs ☀ Multicultural Playgroups ☀ Parenting Education Kit |
| Migrant Resource Centres | Catholic Migrant Centre 25 Victoria Square PERTH WA 6000 Ph: 9221 1727 Northern Suburbs Migrant Resource Centre Unit 1, 14 Chesterfield Road, Mirrabooka WA 6061 <i>Migrant Resource Centres (cont)</i> | <ul style="list-style-type: none"> ☀ Information and programs for people who are migrants to Australia |

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|---|--|---|
| | <p>Ph: 9345 5755 Fax: 9345 5036;</p> <p>South Metropolitan Migrant Resource Centre. 241-243 High Street Fremantle WA 6160 Ph: 9335 9588 Fax: 9430 6352</p> | |
| Multicultural Mental Health Association | www.mmha.org.au | ☀ Website contains information and resource for migrants and refugees |
| WA Transcultural Mental Health Centre | <p>www.mmha.org.au/watmhc</p> <p>74 Murray St Perth WA 6000</p> <p>Ph: 9224 1760 Fax: 9224 1733</p> | ☀ Psychiatric service for CALD clients |

Disability

| Resource | Where? | Information |
|--------------------------------|--|--|
| Disability Services Commission | <p>www.dsc.wa.gov.au</p> <p>146-160 Colin Street, West Perth WA 6005</p> <p>General enquiries: Ph: 08 9426 9200 Fax: 08 9226 2306</p> | <p>☀ Provides services and assistance to people under the age of 60 living with intellectual, neurological, physical and sensory disabilities.</p> <p>☀ Information about non-government disability services</p> <p>☀ Have eligibility criteria.</p> |

Domestic Violence

| Resource | Where? | Information |
|---|--|--|
| Breathing Space | www.communicare.org.au 35-41 Kenton Way Calista WA 6167 Ph: 08 9439 5707 Fax: 08 9439 4437 | <ul style="list-style-type: none"> ☀ Residential program for men who have violent behaviour |
| Crisis Care | www.community.wa.gov.au/Resources/Helplines/Crisis_Care_Helpline.htm Ph: 9223 1111 | Phone Crisis Care if: <ul style="list-style-type: none"> ☀ You need someone to help sort out a serious problem ☀ You are concerned about the wellbeing of a child ☀ You are escaping domestic violence and need help ☀ arguments are causing unhappiness and problems in your family ☀ You are alone or afraid and urgently need to talk to someone ☀ You are homeless ☀ You need counselling, information or other support |
| DVAS Central | www.womenscouncil.com.au/ Level 1, Carillon Tower 207 Murray Street Perth WA 6000 Ph: 9226 2370 Fax: 9226 2377 | <ul style="list-style-type: none"> ☀ Support ☀ Police ☀ Legal Aid ☀ Domestic Violence Children's Counselling Service |
| Koolkuna Domestic Violence Advocacy Service | www.womenscouncil.com.au/ Phone: 9274 7545 Fax: 9274 4942 | <ul style="list-style-type: none"> ☀ Information advocacy and referral to anyone in the community dealing with domestic and family violence including VRO applications and court support ☀ Perth Eastern Metropolitan area |
| Men's Domestic Violence Helpline | Ph: 08 9223 1199 Freecall: 1800 000 599 | <ul style="list-style-type: none"> ☀ Free telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners. |
| Nardine Wimmin's Refuge | www.womenscouncil.com.au/ | <ul style="list-style-type: none"> ☀ Counselling, group work and |

| Resource | Where? | Information |
|--|--|--|
| Outreach Support Program | Ph: 9472 9470 | advocacy to women in the community who are experiencing domestic and family violence ☀ Practical support and referrals ☀ Advocacy |
| Peel Advocacy and Support Service (Mandurah) | www.womenscouncil.com.au/ Phone: 9535 8112 | ☀ Court Support and Advocacy with Violence Restraining Orders ☀ Support in making complaints and giving statements to the Police. ☀ Police liaison and follow-up ☀ Information and referral ☀ Domestic/Family Violence Counselling |
| Women's Domestic Violence Hotline | Ph: 08 9223 1188 Freecall STD: 1800 007 339 | ☀ 24 Hour Telephone support and counselling for women experiencing family and domestic violence |

Employment

| Resource | Where? | Information |
|--|--|--|
| <p>Commonwealth Rehabilitation Service - CRS</p> | <p>www.crsaustralia.gov.au</p> <p>Ph: 1800 624 824.</p> <p>Unit 4, 36 Commerce Ave Armadale WA 6112 Ph: 08 9497 2077 Fax: 08 9497 2094</p> <p>13 Pattie Street Cannington WA 6107 Ph: 08 9229 7500 Fax: 08 9229 7520</p> <p>Level 2, 7 Pakenham Street Fremantle WA 6160 Ph: 08 9239 1400 Fax: 08 9239 1409 TTY: 08 9239 1408</p> <p>Unit 10, 189 Lakeside Drive Joondalup WA 6027 Ph: 08 9233 1600 Fax: 08 9233 1622</p> <p>Suite 1, 286 Pinjarra Road Mandurah WA 6210 Ph: 08 9586 6120 Fax: 08 9586 6130</p> <p>Unit 5, 401 Great Eastern Hwy Midland WA 6056 Ph: 08 9229 7200 Fax: 08 9229 7220</p> <p>Unit 1, 44 Mirrabooka Avenue Mirrabooka WA 6061 Ph: 08 9464 6700 Fax: 08 9464 6733</p> <p>Suite 16, 6 Ameer St Rockingham WA 6168 Ph: 08 9599 6500 Fax: 08 9599 6506</p> | <p>☀ Vocational rehabilitation to help people manage their disability or illness and look for work</p> |
| <p>Edge Employment</p> | <p>38 Hood Street Subiaco WA 6008</p> <p>Ph: 08 9286 6600</p> | <p>☀ Specialist employment service for people living with disabilities, including psychiatric.</p> |

| Resource | Where? | Information |
|-------------------------------|--|---|
| <i>Edge Employment (cont)</i> | Fax: 08 9286 6699 | <ul style="list-style-type: none"> ☀ Has general employment, traineeships, apprenticeship and graduate employment services. |
| Mercy Employment | <p>www.mercygroup.com.au</p> <p>18 Barrett Street, Wembley WA 6014 Ph: 08 9442 3444 Fax: 08 9381 7050</p> <p>1st Floor, 22 Queen Street, Fremantle WA 6160 Tel: 08 9431 6900 Fax: 08 9431 7722</p> <p>4 Brewer Place Mirrabooka WA 6061 Ph: 08 9344 2468 Fax: 08 9344 8119</p> <p>Level C Endeavour Business Centre 32 Endeavour Road Hillarys WA 6025 Ph: 08 9401 9287 Fax: 08 9401 5732</p> | <ul style="list-style-type: none"> ☀ Job Matching - this service aims to help jobseekers find suitable employment. ☀ Placement Assistance - aids and supports to re-enter the workforce. ☀ Job Search Training - involves a range of training to improve jobseekers' job search skills and motivation in looking for work. ☀ Work Experience - learning on the job, short-term work experience placements. ☀ Training - training courses for eligible jobseekers to assist them in developing skills necessary for employment. |
| Options Employment | <p>www.goodsammy.com.au/employment_about.asp</p> <p>47 Magnet Rd Canning Vale WA 6155 Ph: 08 9463 0500 Fax: 08 9455 3300 TTY: 08 9455 4624</p> <p>U1/12 Burton St Cannington, WA 6107 Ph: 08 9451 9988 Fax: 08 9451 9544 TTY: (08) 9451 9944</p> <p>11/24 Chesterfield Road Mirrabooka WA 6061 Ph: 08 9440 7333 Fax: 08 9440 7399</p> | <ul style="list-style-type: none"> ☀ Employment through Good Samaritans Industries as well as supported employment in mainstream ☀ Person must be assessed by Centrelink as being eligible for a Disability Employment Assistance service ☀ Person able to work 8 hours a week or more |

| Resource | Where? | Information |
|----------------|---|---|
| Ruah Workright | <p>www.ruah.com.au/workright.htm</p> <p>62 Eighth Avenue Maylands WA 6051 Ph: 08 9272 9222 Fax: 08 9272 9277</p> <p>8/1917-1923 Albany Hwy Maddington WA 6109 Ph: 9452 1022 Fax: 9452 2033</p> <p>Level 1, 3 Norfolk Street Fremantle WA 6160 Ph: 9336 3389 Fax: 9336 3051</p> <p>15/85 Chalgrove Avenue Rockingham WA 6168 Ph: 9592 3155 Fax: 9592 9741</p> <p>Unit 4/48 Winton Street Joondalup WA 6027 Ph: 9300 2170 Fax: 9300 2617</p> | <p>☀ A specialist employment service that provides support in finding and keeping work for people living with mental illness.</p> |
| Workability | <p>www.workability.org.au</p> <p>1 Brewer Street Perth WA 6000 Ph: 08 9228 9999 Fax: 08 9228 9988</p> | <p>A specialist employment agency to assist people with intellectual, physical, sensory, neurological and/or psychiatric disabilities to get and keep jobs.</p> |

Indigenous Services

The following services are specifically for Indigenous people. Other services listed in this book can also be accessed by Indigenous people.

| Resource | Where? | Information |
|---|--|---|
| Aboriginal Legal Service of WA | www.als.org.au 7 Aberdeen St East Perth WA 6004 Ph: 08 9265 6666 Freecall: 1800 019 900 Fax: 08 9221 1767 | <ul style="list-style-type: none"> ☀ Legal Aid services for Aboriginal and Torres Strait Islander people. |
| Kuljak Aboriginal Employment Training & Cultural Centre | 39 Helena St Midland WA 6056 Ph: 08 9250 1528 | <ul style="list-style-type: none"> ☀ Service for unemployed Aboriginal people |
| Yorgum Aboriginal Family Counselling Service | www.yorgum.com.au 176 Wittenoom St East Perth WA 6004 Ph: 9218 9477 or 9221 2733 Fax: 9221 0487 | <ul style="list-style-type: none"> ☀ Child Sexual Abuse Treatment Service ☀ Family Violence Program ☀ Community Development ☀ Grandmother's Group ☀ 1-1 or Family Counselling <ul style="list-style-type: none"> ○ Grief and Loss ○ Sexual Assault ○ Crisis / Trauma Resolution ○ Relationships ○ Aboriginal Identity ○ Victims of Racism |

Local Government

Local councils are a great source of information - they know about what activities and groups are being run in your local community, where there are parks, community centres and leisure / recreation facilities. Many have community services officers who may be able to advise you about services in your area and what the eligibility criteria are. Local councils often support events such as art exhibitions, street parties and festivals.

| Resource | Where? | Information |
|---------------------------|--|--|
| Local Government Database | http://www.datadiction.com.au/lincs/default.htm | ☀ Local Information Network for Community Services |
| City of Armadale | www.armadale.wa.gov.au 7 Orchard Avenue Armadale WA 6112 Ph: 08 9399 0111 Fax: 08 9399 0184 | |
| Town of Bassendean | www.bassendean.wa.gov.au 48 Old Perth Road Bassendean WA 6054 Ph: 08 9377 8000 Fax: 08 9279 4257 | |
| City of Bayswater | www.bayswater.wa.gov.au 61 Broun Avenue Morley WA 6943 Ph: 08 9272 0622 Fax: 08 9272 0665 | |
| City of Belmont | www.belmont.wa.gov.au 215 Wright Street Cloverdale WA 6105 Ph: 08 9477 7222 Fax: 08 9478 1473 | |
| Town of Cambridge | www.cambridge.wa.gov.au 1 Bold Park Drive Floreat WA 6014 Ph: 08 9347 6000 Fax: 08 9347 6060 | |

| Resource | Where? | Information |
|------------------------|--|-------------|
| City of Canning | www.canning.wa.gov.au 1317 Albany Highway Cannington WA 6107 Ph: 08 9231 0606 Fax: 08 9458 2353 | |
| Town of Claremont | www.claremont.wa.gov.au 308 Stirling Highway Claremont WA 6010 Ph: 08 9285 4300 Fax: 08 9285 4301 | |
| City of Cockburn | www.cockburn.wa.gov.au Corner Rockingham Road and Coleville Crescent Spearwood WA 6163 Ph: 08 9411 3444 Fax: 08 9411 3416 | |
| Town of Cottesloe | www.cottesloe.wa.gov.au 109 Broome Street Cottesloe WA 6011 Ph: 08 9285 5000 Fax: 08 9285 5001 | |
| Town of East Fremantle | www.eastfremantle.wa.gov.au 135 Canning Highway East Fremantle WA 6158 Ph: 08 9339 9339 Fax: 08 9339 3399 | |
| City of Fremantle | www.freofocus.com.au 8 William Street Fremantle WA 6959 Ph: 08 9432 9999 Fax: 08 9430 4634 | |
| City of Gosnells | www.gosnells.wa.gov.au 2120 Albany Highway Gosnells WA 6110 Ph: 08 9391 3222 Fax: 08 9398 2922 | |

| Resource | Where? | Information |
|---------------------|---|-------------|
| City of Joondalup | www.joondalup.wa.gov.au Boas Avenue Joondalup WA 6027 Ph: 08 9400 4000 Fax: 08 9300 1383 | |
| Shire of Kalamunda | www.kalamunda.wa.gov.au 2 Railway Road Kalamunda WA 6076 Ph: 08 9257 9999 Fax: 08 9293 2715 | |
| Town of Kwinana | www.kwinana.wa.gov.au Corner Gilmore Avenue/Sulphur Road Kwinana WA 6167 Ph: 08 9439 0200 Fax: 08 9439 0222 | |
| City of Melville | www.melville.wa.gov.au 10 Almondbury Road Booragoon WA 6954 Ph: 08 9364 0666 Fax: 08 9364 0285 | |
| Town of Mosman Park | www.townofmosmanpark.wa.gov.au 'Memorial Park' Bayview Terrace Mosman Park WA 6012 Ph: 08 9284 1633 Fax: 08 9384 3694 | |
| City of Nedlands | www.nedlands.wa.gov.au 71 Stirling Highway Nedlands WA 6009 Ph: 08 9386 6900 Fax: 08 9386 3670 | |

| Resource | Where? | Information |
|---------------------------|---|---|
| Shire of Peppermint Grove | www.peppermintgrove.wa.gov.au 1 Leake Street Peppermint Grove WA 6011 Ph: 08 9384 0099 Fax: 08 9384 2796 | |
| City of Perth | www.perth.wa.gov.au Council House, 27 St Georges Terrace Perth WA 6839 Ph: 08 9461 3333 Fax: 08 9461 3083 | |
| City of Rockingham | www.rockingham.wa.gov.au Civic Boulevard Rockingham WA 6168 Ph: 08 9528 0333 Fax: 08 9592 1705 | |
| City of South Perth | www.southperth.wa.gov.au Cnr Sandgate Street and South Terrace South Perth WA 6151 Ph: 08 9474 0777 Fax: 08 9474 2425 | |
| City of Stirling | www.stirling.wa.gov.au Civic Place Stirling WA 6021 Ph: 08 9345 8555 Fax: 08 9345 8822 | |
| City of Subiaco | www.subiaco.wa.gov.au 241 Rokeby Road Subiaco WA 6008 Ph: 08 9237 9222 Fax: 08 9237 9200 | |
| City of Swan | www.cityofswan.com Midland Square Midland WA 6056 Ph: 08 9267 9000 Fax: 08 9267 9444 | Access & Inclusion Program Ph: 9274 6874. - assists people with mental illness & other disabilities to access recreation centres and other activities in the City of Swan |

| Resource | Where? | Information |
|-----------------------|--|--------------------|
| Town of Victoria Park | www.vicpark.wa.gov.au 99 Shepperton Road Victoria Park WA 6100 Ph: 08 9311 8111 Fax: 08 9311 8181 | |
| Town of Vincent | www.vincent.wa.gov.au 244 Vincent Street Leederville WA 6902 Ph: 08 9273 6000 Fax: 08 9273 6099 | |
| City of Wanneroo | www.wanneroo.wa.gov.au 23 Dundobar Road Wanneroo WA 6065 Ph: 08 9405 5000 Fax: 08 9405 5499 | |

Men's Services

| Resource | Where? | Information |
|--------------------------------|---|---|
| Breathing Space | www.communicare.org.au 35-41 Kenton Way Calista WA 6167 Ph: 08 9439 5707 Fax: 08 9439 4437 | <ul style="list-style-type: none"> ☀ Residential program for men who have violent behaviour |
| Dads in Distress | www.dadsindistress.asn.au | <ul style="list-style-type: none"> ☀ Web based support and information for men who are separated or divorced and living apart from their children |
| Dads@Lifeline | www.lifelinewa.org.au 57 Murray St Perth WA 6000 Ph: 9261 4451 | <ul style="list-style-type: none"> ☀ Counselling and support for separated and bereaved fathers ☀ Family Law and Child Support information and assistance (not legal advice) ☀ Information DVD's and videos on self-care after separation, the family law system and child support; ☀ 'The Secret Life of Men' - a weekly group to discuss men's issues; ☀ A Peer-Support Program linking recently separated dads to a volunteer for 1:1 support; ☀ Occasional social activities and newsletters for Dads and their kids. |
| Fremantle Men's Community Shed | www.fremanshed.org 2-6 Nannine St White Gum Valley WA 6162 Ph: Bill 08 9336 4408 or Alan 08 9337 6589 | <ul style="list-style-type: none"> ☀ Workshop for men to work on community and own projects ☀ Linking men to services and supports ☀ Programs for men such as First Click |
| Hey Dad WA (Ngala) | www.ngala.com.au 9 George St. Kensington WA 6151 Ph: 9368 9368 | <ul style="list-style-type: none"> ☀ Services for fathers of children under the age of 6 |
| Men's Domestic Violence | Ph: 08 9223 1199 | ☀ Free telephone information, |

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| Helpline | Freecall: 1800 000 599 | referral and counselling service for men to help them change their violent behaviour towards female partners. |
| Mensline | Ph: 1300 78 99 78 | ☀️ Phoneline supporting men with family relationship issues |
| Mensline website | www.menslineaus.org.au | ☀️ Information re men's services |
| Mensplace | www.mensplace.net.au 15 Cambridge Street West Leederville WA 6007 Ph: 9489 6360 | ☀️ Information regarding men's issues, particularly parenting ☀️ Links to other men's services ☀️ Notification of upcoming training, groups, information sessions |
| MensTime | www.menstime.com.au 23 Adelaide Terrace East Perth WA 6004 Ph: 9263 2050 | ☀️ Courses and seminars about depression, parenting, relationships and other relevant topics ☀️ Concession rates apply |

Mental Health, Self-help and Support

| Resource | Where? | Information |
|-------------------------------|--|---|
| Auseinet | http://auseinet.flinders.edu.au | <ul style="list-style-type: none"> ☀ Information regarding mental illness and mental health ☀ Online Recovery Toolkit - resources and information about recovery |
| Even Keel | <p>www.evenkeel.org.au</p> <p>June O'Connor Centre 2 Nicholson St Subiaco WA</p> <p>Ph: 08 9388 9869 Fax: 08 92388 2298</p> | <ul style="list-style-type: none"> ☀ Bipolar Disorder and other mental illness support groups for consumers and family & friends ☀ Groups held in Mandurah, Subiaco, Midland, Heathridge, Fremantle, Rockingham, Yokine, Sir Charles Gardiner Hospital, Fremantle Hospital, Royal Perth Hospital ☀ Other services. |
| GROW | <p>www.grow.net.au</p> <p>780b Canning Highway, Applecross 6153</p> <p>Ph: 9315 1666 Fax: (08) 9315 1422</p> | <ul style="list-style-type: none"> ☀ Support group with a 12-step program towards recovery from mental illness. ☀ Meetings held in Applecross, Bassendean, Bicton, Calista, Como, Duncraig, Fremantle, Gosnells, Hillarys, Joondalup, Mandurah, Mirrabooka, Morley, Rockingham, Subiaco, Willetton. |
| Hearing Voices Network | <p>Director - Lyn Mahboub C/- Richmond Fellowship www.rfwa.org.au</p> <p>Ph: 9258 3060 Fax: 9258 3090</p> | <ul style="list-style-type: none"> ☀ Support and information peer network for people who hear voices |
| Hills Community Support Group | <p>www.hcsq.com.au</p> <p>2 Craig Street Mundaring WA 6073</p> <p>Ph: 9295 6155</p> | <ul style="list-style-type: none"> ☀ Provides a variety for services and supports for people living with mental illness and other disabilities and their families in the Swan area. |
| Homecare Services | www.careservices.com.au | <ul style="list-style-type: none"> ☀ Person must be eligible for |

| Resource | Where? | Information |
|---------------------------|--|--|
| | Suite E5, Leader Business Park 661 Newcastle Street Leederville WA 6007 Ph: 08 9228 8877 Fax: 08 9228 8870 | HACC services ☀ Social support ☀ Respite care ☀ Domestic assistance ☀ Long waiting lists! |
| June O'Connor Centre | www.joc.com.au 2 Nicholson Road Subiaco WA 6008 Ph: 08 9381 7175 Fax: 08 9388 2298 31 Alma Street Fremantle WA 6160 Ph: 08 9336 3677 Fax: 08 9430 6472 Unit 2, 57 Grand Boulevard Joondalup WA 6027 Ph/Fax: 08 9301 1227 8 Baralda Crt Rockingham WA 6168 Ph/Fax: 08 9527 9113 | ☀ Drop-in centres ☀ Recreation and social outings ☀ Low cost midday meals ☀ Music, art, craft ☀ Computer and internet access ☀ Informal support for consumers and carers ☀ Massage (by appointment) ☀ Membership is free to adults living with a mental illness ☀ Referral needs to be made by a health professional |
| Lorikeet Clubhouse | www.users.bigpond.net.au/lorikeet/index.htm 104 Cambridge Street West Leederville WA 6007 Ph: 9381 9144 | ☀ Psychosocial support facility that provides a variety of practical skills-based activities that support members in achieving their identified personal goals. |
| Mental Illness Fellowship | www.mifwa.com 110 Edward Street Perth WA 6000 Ph: 08 9228 0200 | ☀ Carer support groups, training programs and public education sessions ☀ Telephone Information Service ☀ Resource Library ☀ Lorikeet Clubhouse |
| MindBodyLife | www.mindbodylife.com.au/ | ☀ Website with information tailored for people living with mental illness re physical health and wellbeing. ☀ Information on nutrition and physical activity |
| Office of Mental Health | www.mental.health.wa.gov.au | ☀ Lists all government and non-government mental |

| Resource | Where? | Information |
|---------------------------|--|---|
| | C Block, Level 2 189 Royal Street East Perth WA 6004 Ph: 08)9222 4099 Fax: 08 9222 2351 | health services ☀️ Mental Health news and resources |
| Perth Home Care Services | www.phcs.org.au 2nd Floor, 30 Hasler Road Osborne Park WA 6916 Ph: 9244 5800 Fax: 9244 5922 | ☀️ 1-1 support service for people receiving mental health care from Subiaco, Bentley, Inner City, Mead Centre, Mirrabooka, Osborne Park or Peel Clinics). |
| Rainbow Project | Ph: 9450 3905 | ☀️ Fortnightly lunches at Manning, Wembley Downs, Gosnells, Maylands, Duncraig, Mandurah and Claremont. All welcome. Cost: Gold coin donation. ☀️ 1-1 Friendship ☀️ Coffee mornings at Manning and Mandurah. |
| Raphael Centre | www.sjoq.org.au 177-179 Cambridge St Subiaco WA 6008 Ph: 08 9382 6828 Local call cost: 1300 30 68 28 (WA only) Fax: 08 9382 6823 | ☀️ Information and support for women experiencing antenatal and postnatal anxiety and depression and their families. |
| Richmond Fellowship of WA | www.rfwa.org.au 1/1159 Albany Highway Bentley WA 6102 Ph: 9258 3060 Fax: 9258 3090 | ☀️ Medium-long term residential rehabilitation programs ☀️ Supported Accommodation programs ☀️ Focus on Recovery |
| Ruah Inreach | www.ruah.com.au 27 Cleaver St West Perth WA 6007 Ph: 9227 7012 Pager 9480 5500 | ☀️ 1-1 support working on changes people want to make in their lives. ☀️ Recovery group programs ☀️ WRAP (Wellness Recovery Action Plan) - consumer run group and 1-1 programs. ☀️ Based in Northern suburbs, Fremantle, Rockingham and Maddington |
| Southern Cross | www.scrosswa.org.au 84 Collick St | ☀️ 1-1 support service ☀️ Referral required from Healthcare Professional |

| Resource | Where? | Information |
|--|---|---|
| | Hilton WA 6163 Ph: 9314 2499 Fax: 9314 1686 Mental Health Coordinator: Ph: 9337 0150 Fax: 9337 0155 | <ul style="list-style-type: none"> ☀ Located in Joondalup, Fremantle and Rockingham/Kwinana regions |
| S.P.I.N. - Sound Psychiatric Information Network | Ph: 0412 522387 (Ingrid - Chairperson) | <ul style="list-style-type: none"> ☀ Consumer advocacy group in Rockingham area. ☀ Mental health awareness ☀ Social activities |
| Urban Network | www.ruah.com.au Pager 9480 5500 | <ul style="list-style-type: none"> ☀ Make friends and form social networks; ☀ Join with others in common interests; ☀ Link into community activities; ☀ Enhance recovery; ☀ Gain skills; and ☀ Access pathways to employment and other opportunities. |
| Western Institute of Self Help (WISH) Inc | www.wish.org.au 335-337 Pier Street Perth WA 6000 Ph: 08 9228 4488 Freecall: 1800 195 575 Fax: (08) 9228 4490 | <ul style="list-style-type: none"> ☀ Extensive directory of self help groups and support services in WA |

Parenting

| Resource | Where? | Information |
|---|---|--|
| Child and Youth Health | www.cyh.com | <ul style="list-style-type: none"> ☀ Information about child health ☀ Parenting information ☀ Child and young people friendly health information |
| COPMI (Children of Parents with Mental Illness) | www.copmi.net.au | <ul style="list-style-type: none"> ☀ Website containing information, resources for families, children, parents, lists of available services, contact details. |
| Crisis Care | www.community.wa.gov.au/Resources/Helplines/Crisis_Care_Helpline.htm Ph: 9223 1111 | Phone Crisis Care if: <ul style="list-style-type: none"> ☀ You need someone to help sort out a serious problem ☀ You are concerned about the wellbeing of a child ☀ You are escaping domestic violence and need help ☀ arguments are causing unhappiness and problems in your family ☀ You are alone or afraid and urgently need to talk to someone ☀ You are homeless ☀ You need counselling, information or other support |
| Department for Community Development | www.community.wa.gov.au/ 145 Jull Street Armadale WA 6112 Ph: 08 9497 6555 Cnr Grose and Lake Street, Cannington WA 6107 Ph: 08 9351 0888 25 Adelaide Street, Fremantle WA 6160 Ph: 08 9431 8800 Joondalup House 8 Davidson Terrace, Joondalup WA 6027 Ph: 08 9301 3600 <i>Department for Community</i> | <ul style="list-style-type: none"> ☀ Parenting programs ☀ Child protection information ☀ Information about domestic violence and resources ☀ Help for families in crisis ☀ List of specialised help lines |
| | 281 Great Eastern Highway, | |

| Resource | Where? | Information |
|---------------------------|--|---|
| <i>Development (cont)</i> | <p>Midland WA 6056 Ph: 08 9274 9411</p> <p>6 Ilkeston Place, Mirrabooka WA 6061 Ph: 08 9344 9666</p> <p>641 Wellington Street, Perth WA 6000 Ph: 08 9214 2444</p> <p>8 Leghorn St, Rockingham WA 6168 Ph: 08 9527 0100</p> | |
| Family Helpline | <p>Ph: 08 9223 1100 Freecall: 1800 643 000 TTY: 08 9325 1232</p> | ☀ Free confidential telephone counselling and information service for families with relationship difficulties |
| Ngala | <p>www.ngala.com.au</p> <p>9 George St. Kensington WA 6151</p> <p>Ngala Helpline :08 9368 9368</p> <p>Country callers: 1800 111 546.</p> <p>Ngala Northern Community Service Jenolan Way Community Centre Jenolan Way, Wanneroo WA 6065 Ph: 08 9305 0749</p> <p>Noranda Family Centre Cnr Garson Ct and Forder Rd Noranda WA 6062 Ph: 08 9275 2448 Fax: 08 9275 8109</p> <p>Rockingham Regional Centre 113 Read Street Rockingham WA 6168 Ph: 08 9592 3692 Fax: 08 9592 3780</p> | <ul style="list-style-type: none"> ☀ Ngala Helpline ☀ Parent Education Groups ☀ Centre Consultations ☀ Home Visits ☀ Day Stay ☀ Overnight Stay Program ☀ Early Childhood Care and Learning Centre ☀ Regional Services ☀ Hey Dad WA - services for fathers of children under the age of 6 |
| Online Parenting Library | www.community.wa.gov.au/Resou | ☀ Books about parenting and |

| Resource | Where? | Information |
|----------------|--|---|
| | <p>2/42 Mathoura Street Midvale WA 6056 Ph: 08 9274 1666 Community Parenting Service 6A Penrith Place Balga WA 6061 Ph: 08 9440 0011</p> <p>Rockingham Parenting Service Port Kennedy Family Activity Centre 5-9 Clipper Drive Port Kennedy WA 6172 Ph: 08 9524 5658</p> | |
| Raphael Centre | <p>www.sjog.org.au</p> <p>177-179 Cambridge St Subiaco WA 6008</p> <p>Ph: 08 9382 6828 Local call cost: 1300 30 68 28 (WA only) Fax: 08 9382 6823</p> | <p>☀ Information and support for women experiencing antenatal and postnatal anxiety and depression and their families.</p> |
| Wanslea | <p>www.wanslea.asn.au</p> <p>110 Scarborough Beach Road Scarborough WA 6019 Ph: 9245 2441 Fax: 9245 2481</p> <p>989 Albany Highway East Victoria Park WA 6981 Ph: 9361 8277 Ph: 1800 444 262 (In Home Care) Fax: 9361 8644</p> | <p>Provides various services for children and families including:</p> <ul style="list-style-type: none"> ☀ Family Day Care ☀ In-Home Child Care ☀ Crisis Support Program ☀ Creating Stronger Families ☀ Keeping Families Together ☀ Grand Care ☀ Reunification ☀ Wanslea Foster Care ☀ Spectrum Specialist Foster Care ☀ Leaving Care |

Recreation

Taking time to have fun and to do things that you like doing can be good for both your physical and mental health.

| Resource | Where? | Information |
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| ARAFMI | www.arafmi.asn.au/arafmi/respite.asp Ph: 08 94027022 | <ul style="list-style-type: none"> ☀ Holidays for people with a mental illness. ☀ Cost: \$50 |
| City of Stirling Recreation Centres | www.stirling.wa.gov.au/home/community/ | <ul style="list-style-type: none"> ☀ Database contains fact sheets about all recreation centres in City of Stirling with list of activities held at each |
| Community, Learning and Neighbourhood Houses | www.learningcentrelink.asn.au Learning Centre Link Ph: 9228 9000 | <ul style="list-style-type: none"> ☀ List of member centres ☀ Contact details for member centres ☀ Local community, learning and neighbourhood houses offer various social groups, learning opportunities, space to meet, activities. ☀ Some provide crèches |
| Disability in the Arts, Disadvantage in the Arts, Australia (WA) | http://www.dadaawa.org/ Ph: 9430 6616 | <ul style="list-style-type: none"> ☀ Freight Gallery - studio and gallery for artists living with mental illness to work and exhibit their art ☀ Focus - arts for people living with mental illness in the Swan area ☀ DADAA offers a number of arts programs in the metropolitan area - often have eligibility requirements. Check website for details. |
| Infolink | henrietta.liswa.wa.gov.au:81/search/ | <ul style="list-style-type: none"> ☀ Database listing recreation and other community groups |
| Public Libraries | http://www.liswa.wa.gov.au/pdf/publibprint_jul06.pdf | <ul style="list-style-type: none"> ☀ List of public libraries in WA |
| Ruah Recreation Program | www.ruah.com.au Ph: 9227 7012 Pager 9480 5500 | <ul style="list-style-type: none"> ☀ Recreation groups such as cycling, soccer ☀ Individual support for people under 40 years in Lower North area |
| Support In-Site | Ph/Fax: 08 9529 4884 | <ul style="list-style-type: none"> ☀ Grants for people living with |

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| | | <p>long-term mental illness to participate in recreational activities.</p> <ul style="list-style-type: none"> ☀ Applicants must live in the Fremantle, Rockingham, Kwinana, Peel or Armadale areas |
| Urban Network | <p>www.ruah.com.au</p> <p>Pager 9480 5500</p> | <ul style="list-style-type: none"> ☀ Make friends and form social networks; ☀ Join with others in common interests; ☀ Link into community activities; ☀ Enhance recovery; ☀ Gain skills; and ☀ Access pathways to employment and other opportunities. |

Volunteering

Volunteering can be a really rewarding experience where you get to learn skills, try something new, meet other people with similar interests, build up some work experience, give something back to the community or just have fun!!

| Resource | Where? | Information |
|---|--|---|
| Volunteering WA | www.volunteeringwa.org.au City West Lotteries House 2 Delhi Street West Perth WA 6005 Ph: 9482 4333 or 1300 30 10 18 Fax: 9482 4334 | ☀ Helps people to find volunteering positions they are interested in. |
| Armadale Volunteer Resource Centre | Tel: 9399 0629 Fax: 9399 0184 | |
| Bassendean Volunteer Resource/Referral Centre | 50 Old Perth Road Bassendean WA 6054 Tel: 9377 2191 Fax: 9377 3002 | |
| City of Cockburn Volunteer Resource Centre | Tel: 9411 3490 Fax: 9411 3416 | |
| Fremantle Volunteer Centre | The Meeting Place 245 South Terrace South Fremantle WA 6162 Tel: 9335 3394 Fax: 9430 8358 | |
| Joondalup Volunteer Centre | Joondalup Public Library Boas Avenue Joondalup WA 6027 Tel: 9400 4734 Fax: 9400 4736 | |
| Kwinana Volunteer Resource Centre | Tel: 9439 0425 Fax: 9439 4499 | |
| Melville Volunteer Resource Centre | Tel: 9364 0153 Fax: 9364 0285 | |
| Nedlands Volunteer Referral Centre | 97 Warratah Ave Dalkieth WA 6009 Tel: 9386 6326 Fax: 9386 3990 | |

| Resource | Where? | Information |
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| Peel Volunteer Resource Centre | Suite 1 Lotteries House 7 Anzac Place Mandurah WA 6210 Tel: 9581 1187 Fax: 9586 1187 | |
| Swan Volunteers | 45 Helena Street Midland WA 6056 Tel: 9250 6421 Fax: 9274 4430 | |

Women's Services

| Resource | Where? | Information |
|--|--|--|
| DVAS Central | www.womenscouncil.com.au/ Level 1, Carillon Tower 207 Murray Street Perth WA 6000 Ph: 9226 2370 Fax: 9226 2377 | <ul style="list-style-type: none"> ☀ Support ☀ Police ☀ Legal Aid ☀ Domestic Violence Children's Counselling Service |
| Koolkuna Domestic Violence Advocacy Service | www.womenscouncil.com.au/ Phone: 9274 7545 Fax: 9274 4942 | <ul style="list-style-type: none"> ☀ information advocacy and referral to anyone in the community dealing with domestic and family violence including VRO applications and court support ☀ Perth Eastern Metropolitan area |
| Nardine Wimmin's Refuge Outreach Support Program | www.womenscouncil.com.au/ Ph: 9472 9470 | <ul style="list-style-type: none"> ☀ Counselling, group work and advocacy to women in the community who are experiencing domestic and family violence ☀ Practical support and referrals ☀ Advocacy |
| Peel Advocacy and Support Service (Mandurah) | www.womenscouncil.com.au/ Phone: 9535 8112 | <ul style="list-style-type: none"> ☀ Court Support and Advocacy with Violence Restraining Orders ☀ Support in making complaints and giving statements to the Police. ☀ Police liaison and follow-up ☀ Information and referral ☀ Domestic/Family Violence Counselling |
| Women's Domestic Violence Hotline | Ph: 08 9223 1188 Freecall STD: 1800 007 339 | <ul style="list-style-type: none"> ☀ 24 Hour Telephone support and counselling for women experiencing family and domestic violence |
| Women's Information Service | www.community.wa.gov.au/Communities/Women/ Ph: 08 9264 1900 Freecall: 1800 199 174 | <ul style="list-style-type: none"> ☀ Information line for women providing referrals to appropriate services or resources |

Other Resources

There are many other services and resources that are not mentioned in this book. Record the details of any websites or services that you have found useful here.

| Resource | Where? | Information |
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UPDATE FORM



HealthRight Ruah

Please help to keep this book up to date

If you are aware of, or if you find out about, a service or website that should be in this guide, please fill in this 'booklet update' form or contact the HealthRight Worker at Ruah Community Services on:
 Ph: 9227 7012; Fax 9227 7879 or Email: healthright@ruah.com.au

| Name of Service or Website | Details of Service or Website | Address | Ph / Fax / Website |
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Any other relevant information:

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