

Health & Wellbeing Guide 2020

The Health & Wellbeing Guide has been created by the City of Mandurah to connect you to services that encourage and improve mental health and wellbeing.

All services listed in the Guide are self-referred and are readily accessible.



Health & Wellbeing Guide



mandurah.wa.gov.au

General Mental Health Services

All general mental health services are self-referred

Avivo

w: avivo.org.au

a: Unit 1, 98 Pinjarra Road, Mandurah

p: 9582 4800

e: hello@avivo.org.au

Referral: Click the 'Your Journey' tab on the website

Relationships Australia

w: relationshipsaustralia.org.au

a: Counselling & Education: Lotteries House, 7 Anzac Place Mandurah, 6164 0570

a: Child Contact Services & 4families: 21 George St, Mandurah, 6164 0570

a: Counselling & Seniors: 7 Cooper Street, Mandurah, 6164 0570

Referral: No referral required for counselling

Chorus

w: chorus.org.au

a: 98 Mandurah Terrace, Mandurah

p: 9550 4555

e: hello@chorus.org.au

Referral: Self-referral, contact via phone or email

Richmond Wellbeing

w: rw.org.au

a: 36 Rockford Street, Mandurah

p: 1800 742 466

Referral: Referral form can be filled by anybody (either individual or someone close to the individual). Depending on the service being requested, individual may require formal mental health diagnosis

Allambee

w: allambee.org.au

a: Peel Health Hub, 91 Allnutt Street, Mandurah

p: 9535 8263

e: help@allambee.org.au

Referral: Self-referral, contact via phone or email



Social Services & Connections

All social services and connections are self-referred

Mandurah Seniors & Community Centre

w: mandurah.wa.gov.au/community/places/seniors-and-community-centre

a: 41 Ormsby Terrace, Mandurah

p: 9550 3799

Referral: Membership form online. Submit to City of Mandurah

Leslie Street Centre

w: lesliestreetcentre.com

a: 7A Leslie Street, Mandurah

p: 9581 4384

e: lesliestreetcentre@gmail.com

Friendship Finder

w: thefriendshipfinder.com.au

Referral: Join on website

Life Begins – Over 45s Social Group

w: meetup.com/en-AU/Mandurah-Social-Meetup/

Referral: Sign up/request via website

Heart Foundation Walking Groups

w: walking.heartfoundation.org.au/walking/location/mandurah-s-mandurah-wa-6210

Referral: Self-referral via website

Community First

w: community-first.org

a: 98 Mandurah Terrace, Mandurah

p: 9550 455

Referral: Contact via phone

Helping Minds

w: helpingminds.org.au

p: WA Metro Phone: (08) 9427 7100

p: WA Regional Free Call: 1800 811 747

a: Lotteries House, 7 Anzac Place, Mandurah

Connect Groups

w: connectgroups.org.au

e: info@connectgroups.org.au

p: 9364 6909

Local Community Coordinators – Department of Communities

p: 6217 6888 – Head Office

p: 1800 176 888 – Free Country Call

Referral: Contact via phone

Online Services

Free online resources which are accessible for anyone

Head to Health headtohealth.gov.au

Mind Spot mindspot.org.au

This Way Up thiswayup.org.au

Beyond Blue beyondblue.org.au

Lifeline lifeline.org.au

GP Support

Your GP is well placed to assist you if you are concerned about your mental health. Here are some tips to guide you through your appointment:

- When booking your appointment, it is suggested that you request a longer initial appointment to make sure you have enough time to discuss with your GP
- To start, you may want to talk about and ask questions such as:
 - The way you have been feeling
 - How long you have been feeling this way
 - Reasons why you're feeling this way
- Some other questions you may want to ask about:
 - Self-care and self-help methods
 - Some online resources to receive information
 - A referral for ongoing support
- What you can do between appointments to help with your mental health:
 - Self-care and self-help methods, online services such as Beyond Blue etc.
 - After hours and crisis support

Your GP may develop a Mental Health Care Plan for you...

A Mental Health Care Plan supports someone going through mental health and wellbeing issues who needs some additional support. This might include:

- Referral to a support service
- Health and wellbeing care that can support you
- Tips, strategies and advice that can support and maintain good mental health and wellbeing