

# Mental Health and Wellbeing | Resource Guide 2022



Brought to you by Trinity School for Seniors  
An initiative of the United Church in the City  
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## **Trinity School for Seniors**

*Companionship through Learning*

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# Welcome to the TSFS Mental Health Resource Guide

The aim of this guide is to create awareness of the many counselling and support services available within the community; and to encourage seniors to engage with compatible organisations that provide alternative resources tailored to their needs.

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## 24/7 Crisis and Counselling Call Lines

These helplines are available 24 hours a day, 7 days a week. They vary in crisis care to ongoing counselling. It takes courage and strength to ask for help. Seeking support from others can help you get through tough times.



Government of Western Australia  
Mental Health Commission

### **Mental Health Emergency Response Line**

1300 555 788

- Access urgent assistance for yourself, or a loved one.
- If you witness a mental health crisis by someone of the public and need assistance.



### **Lifeline**

13 11 14

- Volunteers provide an immediate and confidential support service during personal times of increased distress.
- Assistance to clarify options and choices available in your situation.



### **Suicide Call Back Service**

1300 659 467

- Online and telephone support service for any suicide-related issues.
- Specially trained counsellors can help you work through the pain and distress you may be feeling.



### **MensLine Australia**

1300 78 99 78

- Confidential and private place to talk to professionals in men's mental health, anger management, relationships, and integrated wellbeing.
- Coaching and practical strategies for managing personal concerns.



### **Samaritans**

135 247

- Anonymous Crisis Support
- Support in all areas: relationships, loss, financial stress, study or work stress, caring for mentally ill, substance abuse, thoughts of suicide, etc.



### **Beyond Blue**

1300 22 4636

- Confidential support from a mental health professional.
- Available to talk about anything. If something doesn't feel quite right, you can talk it through and get direction for further support.

If you believe you or someone else is in immediate danger, do not hesitate to call 000.

# Not Sure Where to Start?

If you think you may like some help, but still aren't sure where to start, visit your local or regular **doctor; they will be able to assist in finding the right services for you**. Your local GPs, as well as bulk billed doctors and free clinics, can **create Mental Health Treatment Plans**, often enabling better access and **cheaper rates for other services**.

## Booking an appointment with a GP or health professional:

- Book in for a long appointment, 20 minutes or greater. Mention to the receptionist that you have several things to discuss, or that you wish to discuss a mental health care plan.
- Be honest and open about what you're thinking and feeling, it will allow your doctor to make the best suited plan for your recovery and support.
- You can also go in and request a specific referral to a psychologist, mental health worker, or service of your choice. You can find one online at:
  - o [www.psychology.org.au/Find-a-Psychologist](http://www.psychology.org.au/Find-a-Psychologist)
  - o [www.aasw.asn.au/find-a-social-worker/search/](http://www.aasw.asn.au/find-a-social-worker/search/)

## Need to find your nearest doctor?

- To find your local doctors, bulk billing services, or mental health services.
  - o Visit [www.healthdirect.gov.au/australian-health-services](http://www.healthdirect.gov.au/australian-health-services)
  - o Or phone 1800 022 222 for more information.

## Getting a Mental Health Treatment Plan:

- If you are living with a diagnosable condition, you could be eligible to receive a Medicare rebate for the cost of appointments with a psychologist or accredited mental health social worker or specialist for up to 20 sessions per calendar year.
  - o Rebate of \$88.25 for a Registered Psychologist, or \$129.55 for a Clinical Psychologist.
- Initially you will have access to 6 sessions, which will then prompt a check in for you and your doctor to see how you're progressing before approving the next available sessions.

*If you or someone you know is struggling, look after yourself and those you care about by seeking help. It's never too early or too late to find the support you need.*

## Why Should I Seek Help?



It can be hard to know when you should seek help for a mental health issue. If you are experiencing any of these in your day-to-day life, it is worth seeking help:

- Feel overwhelmed by persistent thoughts and emotions, making it hard to think clearly.
- Find it hard to deal with life's challenges – major illness, loss of a loved one, difficult relationships, or problems at work.
- Feel down, sad, or anxious; and these feelings are not going away after a few weeks.
- Have difficulty facing the day; don't feel like you can manage doing everyday things.
- Find your use of alcohol or other drugs interferes with your health, emotions, relationships, finances, job or your ability to fulfil your daily responsibilities.
- Family and friends have noted concern over a change in your behaviour.
- Feel ashamed or embarrassed to speak to someone close to you about how you really feel.
- Can't seem to look forward to things you are interested in as much as you used to.
- Lost interest in your appearance or have become overly worried about the way you look.
- Feel disconnected, and not wanting to talk to, or be around other people.

If you have experienced any of these, they are common signs of depression and anxiety. There are several treatment and support options available. It's important to seek help early, as the sooner you get treatment the sooner you can recover.

**This next simple checklist aims to measure whether you may have been affected by depression and anxiety during the past four weeks.**

Following on from this, we have a list of services and resources available as a starting point to start your journey to mental wellbeing.

### Self-Assessment:

These questions relate to how you've been feeling over the past four weeks. Tick a box next to each question that best reflects your thoughts, feelings and behaviour.

In the Past 4 weeks...	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All of the time (5)
About how often did you feel tired out for no good reason?	<input type="checkbox"/>				
About how often did you feel nervous?	<input type="checkbox"/>				
About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>				
About how often did you feel hopeless?	<input type="checkbox"/>				
About how often did you feel restless or fidgety?	<input type="checkbox"/>				
About how often did you feel so restless you could not sit still?	<input type="checkbox"/>				
About how often did you feel depressed?	<input type="checkbox"/>				
About how often did you feel that everything was an effort?	<input type="checkbox"/>				
About how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>				
About how often did you feel worthless?	<input type="checkbox"/>				

Once you have completed the checklist, for each of your answers, add up the numbers (bracketed) in the corresponding column to your answer, and find your total score out of 50.

If you scored 20 and above, it is strongly recommended that you see your GP or health professional for a more personalised assessment. You can bring this checklist with you.

Always seek help if you are feeling upset or down, getting help early can make a difference.

***It's never too early or too late to focus and change your mental wellbeing.***



## Uniting Church in the City – Pastoral Care Team



Trinity School for Seniors (TSFS) is an outreach mission of the Uniting Church in the City, committed to helping older adults to participate in lifelong learning and to have friendship and companionship on this journey. TSFS endeavours to achieve a balance between educational programs, social activities, peer learning opportunities and a holistic attitude towards wellness. Being an outreach mission of the Uniting Church in the City (UCIC), Trinity School for Seniors (TSFS) has a strong connection with the Church. It is the vision of the UCIC “to touch hearts and transform lives through Christ”. How the UCIC aims to achieve this vision is outlined in their mission statement:

*“As a pilgrim people, we journey towards a promised future seeking to be a vibrant, open door Church guided by God’s love to:*

- *Worship and glorify God;*
- *Provide a pastoral community where we build up the Body of Christ to grow and mature as Christians;*
- *Reach out and bring God’s love to those in need through mission and service;*
- *Be responsible stewards of the Earth and the resources entrusted to us.”*

### What does this mean for members of Trinity School for Seniors?

Through our connection with UCIC, we are fortunate enough to have three Ministers, from each of the Uniting Church in the City churches, available to provide support and guidance, if, and when needed. You may have seen them around at various TSFS services and functions during your time here. They are available for you to reach out for support at any time.

**If you would like to talk to a Minister**, please contact the UCIC office via:

**Phone:** 08 6103 4222

**Email:** [admin@ucic.org.au](mailto:admin@ucic.org.au)

They will put you in contact with the Minister available.

**Alternatively, if you would like to attend any of UCIC’s services please see the details below:**

### **Trinity Uniting Church** - 72 St Georges Terrace, Perth

Trinity Uniting Church is a short walk from the Elizabeth Quay train station and can also be reached by a variety of buses. Parking is not available at the church.

- 8.30am Afrikaans Worship (last Sunday of the month)
- 10.00am Sunday Worship (Communion is held on the first Sunday of the month)
- 3.00pm Welsh Free Church (fourth Sunday of the month)



**Wesley Uniting Church** - Cnr William & Hay Streets, Perth

Wesley Uniting Church is located between the Perth Underground and Elizabeth Quay train stations and is very accessible by public transport. Free parking is available in the Uniting Church in the City underground carpark for Sunday morning services. Contact UCIC Reception 6103 4222 for directions to allocated parking.

- 10.00am Sunday Worship (Communion is held on the first Sunday of the month)
- 5.00pm Social Justice Church - a social justice focussed service (third Sunday of the month)
- 12.pm Perth Prayer (Wednesdays 12 noon)



**Ross Memorial Uniting Church** - Cnr Hay & Colin Streets, West Perth

Ross Memorial is on the free Red Cat bus route with the closest stop being the Emerald Terrace bus stop. On-street parking is available.

- 10.am Ross's Place (First Saturday of the month)
- 9.30am Sunday Worship (Communion is held on the first Sunday of the month)
- 11.30am Karen Baptist Church Sunday School
- 1.00pm Karen Baptist Church Worship (in Karen)
- Christian meditation - Mondays 12.10pm to 12.40pm





## The Uniting Church of Western Australia

For times when school is closed, or you are unable to make it into the city and you would still like to stay connected; your local Uniting Church community is a great place to seek solace, unity, and connection.

Here is a list of all the Uniting Churches within the Perth metro area:

Applecross St Stephens Uniting Church	9364 7281
Armadale Uniting Church	0419 903 095
Beldon/Tapping – Northway Uniting Church	9401 0754
Bentley/Rowethorpe Uniting Church	6363 6643
Bullcreek/Leeming - Leeming Uniting Church	9332 9322
Byford Uniting Church	9525 6812
Canning Vale - The Billabong Uniting	9455 6474
Cannington Uniting Church	9458 3777
Carlisle - Victoria Park & Districts Star Street Uniting Church	9470 3218
Carramar Uniting Church	9306 7191
Claremont - St Aidan's Uniting Church	9386 1614
Coolbellup - Maaman "O" Miya Uniting Church	0412 806 074
Duncraig/Greenwood - Trinity North Uniting Church	9448 4543
East Perth - St Andrew's Uniting Church	9401 1174
Floreat - All Saints Floreat Uniting Church	9387 6371
Forrestfield - Foothills St Martin's Uniting Church	9453 6320
Forrestfield – Samoan Uniting Church Faith Community	9453 6320
Fremantle Wesley Uniting Church	9335 1775
Glen Forrest Uniting Church	9295 4465
Gosnells Uniting Church	9490 2664
Guildford Wesley Chapel	9379 1118
Joondanna – St Peter & Emmaus Church	9444 1447
Kalamunda Uniting Church	9257 1154
Kardinya - Korean Uniting Church	6261 0982
Kardinya Uniting Church	9314 1507
Mandurah Uniting Church	9581 1743
Maylands-Mount Lawley Uniting Church	9272 3253
Melville Uniting Church	9330 4339
Mosman Park - GKI Perth Uniting Church (Indonesian)	9373 8788
Mount Pleasant Uniting Church	9316 3161
Mundaring Uniting Church	6193 4499
Nedlands Uniting Church	9386 1770
Noranda Uniting Church	9276 8150
Osborne Park Uniting Church	9349 7963
Palmyra - Bicton Uniting Church	9319 1187

Perth - Trinity Uniting Church (Uniting Church in the City)	6103 4222
Perth - Wesley Uniting Church (Uniting Church in the City)	6103 4222
Scarborough Uniting Church	9245 3380
South Lake - Beth Shalom Tongan Uniting Church	9417 1845
South Perth Uniting Church	9367 1218
Spearwood Uniting Church	0403 430 990
Swan View Uniting Church	9255 2567
Waikiki - Rockingham Uniting Church	9527 1014
Wannanup - South Mandurah Uniting Church	9534 3833
Wanneroo Crossways Uniting Church	9404 5205
Watermans Bay Uniting Church	9245 3380
Wembley Downs Uniting Church	9245 2882
West Perth - Ross Memorial Uniting Church (Uniting Church in the City)	6103 4222
Willeton Uniting Church	6460 4803

Or for a further list of Uniting Churches near you, go to:

[unitingchurchwa.org.au/local-church/find-a-church/](http://unitingchurchwa.org.au/local-church/find-a-church/)

To Contact the Uniting Church of Western Australia:

**Phone:** (08) 9260 9800

**Fax:** (08) 9328 2731

**Email:** [wasynod@wa.uca.org.au](mailto:wasynod@wa.uca.org.au)

**In person:** 85-89 Edward St, Perth 6000 WA

**Online:** [unitingchurchwa.org.au/contact/](http://unitingchurchwa.org.au/contact/)

# Busting Myths Around Suicide

While suicide awareness and prevention has come a long way in the past decade, many myths still exist. As well as being incorrect, these myths may stop people from recognising when someone is at risk and in need of support.

To increase understanding about suicide and to better support those affected by suicide, Lifeline WA In-Shift Supervisor Mark Manners helps to debunk some common myths around suicide.

## **MYTH 1: Talking about suicide might put the idea in their head.**

**FACT:** Asking a person if they are suicidal does not increase the likelihood they will suicide. People who have suicidal thoughts often welcome the chance to talk about how they feel. Asking them about suicide is a way to open the door to connect with them and to show that they matter, and you care. Start with 'Are you ok?'

## **MYTH 2: Suicidal behaviour is manipulative or 'attention-seeking'.**

**FACT:** We often hear this – but suicidal behaviour is more complex than that. Take every person's suicidality as very real for them, that their crisis is overwhelming. Try to reframe attention seeking as a real anguished cry for help when they see no other way. That deserves our empathy and care.

## **MYTH 3: People who attempt suicide want to die.**

**FACT:** Suicide is often the last resort when people feel there is no hope for things changing. They want to stop feeling their pain but can't think of other options. By talking and really listening to a person, we start to hear the reasons why they may want to live. From there they can build hope and discover there are other choices that can be made. So, it's not about wanting to die, but rather they want their pain to stop.

## **MYTH 4: It is impossible to stop someone intent on suicide.**

**FACT:** All suicides are preventable. By reaching out to a person who has thoughts of suicide and expressing care for them – we let them know that they matter. We recognise the fundamental need to connect to other people. Often that simple act of human kindness helps keep them safe, empowering them to support themselves and seek further help. Everyday we talk to suicidal people who decide to keep living, who find a small amount of hope.

## **MYTH 5: All people who are at risk of suicide have depression or another mental illness.**

**FACT:** Whilst it is recognised that mental health can play a role in suicide, its not the case for everyone. There are many issues such as isolation (living on a farm or rurally), stages of life (such as the elderly), life episodes (such as divorce or job loss) that can be reasons to suicide. We treat each as an individual and listen to their story. We don't pigeon hole people, but rather respect them for their life's journey and what they are struggling with.

### **By Mark Manners**

In-Shift Supervisor, Lifeline WA

If you are in crisis, call Lifeline on 13 11 14 available 24/7.



# BLACK SWAN HEALTH LTD



Offering a range of general wellness and mental health services; most effectively they provide **counselling services**. Black Swan Health provides a **low-cost, evidence-based** counselling service for **people of all ages experiencing mental health conditions**. Black Swan Health has clinics available across the Perth Metropolitan area.

## Areas of Expertise:

- Anxiety Disorders
- Depression
- Addictive behaviour
- Obsessive-compulsive disorder
- Stress Management
- Personality Disorders
- Grief & Bereavement
- Sleep Disorders
- Eating Disorders
- Hoarding
- Trauma
- Pain management

Take the time to understand yourself and address personal issues as they arise. That means getting help if you need it. There are specific programs targeting several of those areas, as well as individual counselling sessions.

## Booking an Individual Appointment:

**GP Referral:** Access up to 20 Medicare subsidised counselling sessions. Ask your doctor to complete the referral form available on [www.blackswanhealth.com.au/referralforms/](http://www.blackswanhealth.com.au/referralforms/) and fax to 9201 0033.

**Self-Referral:** Phone or email to book an appointment. Fees going from \$150.00 per 50-minute session. If applicable, private insurance may provide a rebate on this fee.

## Contact Information:

**Phone:** 1300 820 398

**Email:** [psychology@blackswanhealth.com.au](mailto:psychology@blackswanhealth.com.au)

**Website:** <https://www.blackswanhealth.com.au/mental-health/>

## Locations:

**Osborne Park**  
137- 151 Main St  
Osborne Park WA 6017

**Fremantle**  
Suites 105- 108 Wesley Central  
Corner Cantonement & Market St  
Fremantle WA 6160

**Joondalup**  
Sanori House  
Suite 3, 126 Grand Blvd  
Joondalup WA 6027



HelpingMinds offers **free support to the family and friends of people living with mental health challenges across WA**. They understand that having a loved one who is experiencing mental ill-health can be a difficult and isolating experience and can **provide you with emotional and practical support** that will help you and your family cope during stressful times.

HelpingMinds can help support you by:

- Counselling and support groups for family and friends
- Early intervention programs for children and young people
- Assistance and support through the NDIS
- Mental health programs for schools and the community
- Helping family and friends to understand their rights and have their voice heard.

If you are a mental health carer or have someone close to you living with mental health challenges, then these services are there for you.

Services available:

- Individual counselling appointments
- Support groups
- Advocacy team
  - o Mental health system is complex, and they can help you navigate it whilst protecting your rights and expressing your wishes
- Peer support
  - o Get connected to someone who has lived experience with caring for someone with mental ill-health to find support and possibly guidance through similar situations.

To access the free, professional, and confidential services, contact the Perth office:

## HelpingMinds Support

**In Person:** The Carer Centre 182 Lord St, Perth WA 6000

**Phone:** +61 (8) 9427 7100

**Email:** [info@helpingminds.org.au](mailto:info@helpingminds.org.au)

**Online:** [helpingminds.org.au/contact-us/](http://helpingminds.org.au/contact-us/)



360 Health + Community offers **a range of mental health services** in WA to help individuals **manage issues such as stress, anxiety, depression, and other mental health concerns**. In a program unique to WA, developed with local communities in mind, 360 Health + Community offers a specialised suicide prevention service for people experiencing suicidal thoughts or self-harming behaviours. Their mental health support services **are available for individuals and families throughout Perth, the Goldfields and the Midwest** regions.

Services Available:

- ALIVE program: Suicide Prevention Perth
  - Regular counselling sessions to help people in Perth experiencing suicidal thoughts and self-harm
  - Referrals are accepted from patients, family members, GPs, hospital and other healthcare professionals.
- MindCare: Better Access
  - Range of psychotherapy support for mental health and wellbeing through provision of holistic, person-centred counselling
  - Currently not accepting new referrals
- National Psychosocial Support (NPS)
  - Working with a Senior Mental Health Outreach Support Worker, develop a Recovery Action Plan
  - With time-limited intensive supports to build capacity and stability, receive guidance to work towards your personal recovery clients.
  - Eligibility:
    - Not currently receiving funding from NDIS
    - A severe mental illness with at least one functional impact of the mental illness.
  - Referrals are accepted from the individual, friend or family member, or a GP.

For further details or to book an appointment, contact:

**Phone:** 1300 706 922

**Online:** [www.360.org.au](http://www.360.org.au)

**Email:** [info@360.org.au](mailto:info@360.org.au)

Grow is a ***caring and sharing***, community-based organisation with a unique program for improving and maintaining mental wellbeing. The Grow Program encourages ***recovery through mutual support*** and personal development, ***helping each other to overcome life's challenges*** and generate supportive friendships.

### What can I expect from a meeting?

- A supportive, non-judgemental, positive, and constructive environment; where experienced volunteers with lived experience of recovery and the program, lead weekly group meetings.
- Group discussion, interaction, and readings from a range of literature.
- An opportunity to share current life challenges.
- Practical steps, suggestions, and peer support to help you achieve your personal goals.
- No official charge. A small, voluntary donation is suggested, but only to meet the expense of venue hire and refreshments.
- All materials are provided.
- Each member will respect your confidentiality and anonymity.

### Who can attend Grow meetings?

- Those who have experienced depression, anxiety, or any other mental or emotional distress.
- Those with a mental diagnosis.
- Those who are struggling with a life crisis such as the loss of a loved one, a job, or a relationship.

***There are no assessments required, no need for a diagnosis, and no strict eligibility criteria.*** All that is required is a willingness to be open-minded; to work on personal growth; and to support and encourage those around you.

### How do I attend a meeting?

- No registration or referral is needed. Pick any meeting and just turn up on the day.
- Recommended:
  - o For your first meeting, turn up around 10-15 minutes beforehand.
  - o To bring someone along for the first few meetings as support if you wish.
  - o Try different meetings for the first few weeks to find which ones suit you best.

**Phone:** (08) 9228 1411 to find out what meetings are near you.

**Online:** <https://grow.org.au/find-a-group/> to find a list of meetings around Perth.



Mandurah Psychology  
Services for Seniors



Ageing can bring new and exciting experiences. It is, however, a time when **significant and often sudden changes** occur causing some level of **discomfort, distress or anxiety**. During these times, we may require some extra support and guidance. Located in Mandurah, SPS offers psychological and counselling services to **help you through difficult times of transition and change**.

Services are offered to people over 50, experiencing difficulties with:

- Mid-life transition
- Career transition
- Retirement
- Illness
- Carer role
- Sexuality and intimacy
- Grief and loss
- Transition into care

What will an appointment look like?

- Completely confidential discussion between you and a professional.
- Duration of a standard appointment will last about an hour.
- Both individual and group therapy is available.
  - o Group therapy can be tailored upon request, and in addition there are regular group programs addressing specific matters.
- Cost of an appointment:
  - o Reasonable rates and concession may apply to eligible individuals.
  - o Medicare rebates are conditional, depending on the referral.

How to book an appointment:

Obtain a referral from your GP. Mandurah Psychology Services will contact you as soon as the referral is received.

**Phone:** 0417 968 569

**Email:** [reception@mandurahpsychology.com.au](mailto:reception@mandurahpsychology.com.au)

**Online:** <https://www.mandurahpsychology.com.au/psychology-for-seniors>



The Mental Illness Fellowship of WA offers many programs for recovery and support. For individualised services and support, it is best you contact them directly via the detail below.

***The Lorikeet Centre is a member driven community centre designed to support people living with mental illness.*** Aiming to create a safe space, and an accepting place for anyone in need of support or social connection, Lorikeet Centre is ***underpinned by the importance of peer relationships, providing a place for people to go, to hang out without judgement,*** and to be set up with supports if they are in need.

The small team of staff are dedicated to working alongside members to provide practical support and connect people to other services or inclusive opportunities.

Lorikeet Centre provides support, information and referrals regarding members goals and priorities. Community agencies visit regularly so members know how to access them and get the information they need to help in their recovery.

Lorikeet Centre facilities and activities:

- Participating in gardening at the local community garden
- Art therapy
- A regular walking group
- Spanish lessons
- Commercial kitchen, with a nutritious lunch available for \$4.60.
- Recovery groups such as wellbeing and self-esteem
- Healthy eating classes
- Photography classes
- Poetry workshops (once a month)
- Financial wellbeing classes provided by Uniting Care.

Want to Become a Member? Contact MIFWA at:

**In-person:** Level 3, 9 The Avenue, Midland WA 6056  
Monday to Friday 8:30am – 4:30pm.

**Telephone:** (08) 9237 8900

**Email:** [info@mifwa.org.au](mailto:info@mifwa.org.au)

**Online:** [www.mifwa.org.au](http://www.mifwa.org.au)



## womens health & family services

**Women's Health & Family Services is a not-for-profit organisation** which has been providing services for Western Australian women since 1977. Programs and Services at WHFS include medical, **counselling, drug and alcohol support, domestic violence support, mental health** and other health services for women and their families.

### Counselling Services:

Women's Health & Family Services provides a professional counselling service for women over the age of 18. Counselling is short term and available for issues such as alcohol and other drug use (own or significant others), mental health and wellbeing (depression, anxiety, panic attacks, etc.), relationships and past traumas.

### Counselling Costs:

- \$40 for women working full time
- \$20 for women working part time
- \$10 for women who do not work or have a concession card
- Fees can be negotiated based on financial hardship.

Referrals will be accepted from a doctor, agency or health practitioner, as well as self-referral.

### Be Well Mental Health Program

The Be Well mental health program is a supportive program for women with mental health concerns that focuses on whole wellbeing. This program is based around recognising and building strengths and developing resilience, knowledge, and skills to enhance one's own recovery. An assessment is required prior to engaging in any of the Be Well services.

- **Individual support:** 1:1 psychosocial and therapeutic support
- **Be Well Recovery Group:** Open and informal group meeting weekly that focuses on recovery and life skills for each person's mental health and wellbeing experiences.
- **Art Therapy Group:** An 8-week strengths-based program help twice a year

### For more information, or to book an appointment contact:

**Phone:** 6330 5400

**Email:** [intake@whfs.org.au](mailto:intake@whfs.org.au)

**Online:** <https://whfs.org.au/services/mental-health/>



# Befriend Inc.

The Befriend Social Network is a **vibrant, welcoming community of people who are all looking to meet new people, make a few friends and share a fun social experience with others**. All around Perth, people from all walks of life regularly get together to host and attend small, open-invitation gatherings, from board games to mediation, to singing sea shanties and movie nights. **The Befriend Social Network is your opportunity to connect doing the things you love to do with others**. They're a fun, free and friendly way to sweeten your social life and experience something new.

## Join the Befriend Social Network:

No long-term commitment required, membership is free, and events just require an RSVP if you wish to go along. Some events however, depending on the activities planned, may require a small cost for food and drink, equipment hire or for services provided.

Anyone can join events, and anyone is able to host events. Find an interest and share it with others or share in others' interests.

## Here's how to join an event:

1. Join the community network and find events at <https://www.meetup.com/Befriend-Inc-Social-Club/>
2. Click on the events tab on the site and scroll through the list or calendar of events.
3. Once you see an event that you like, simply RSVP to let the host know that you're coming and pop it into your own calendar.
4. Show up on the day, walk up with a warm smile and a friendly greeting and see what grows from there.

For general enquiries and for information on hosting events, contact Befriend HQ on:

**Phone:** 08 9520 5874

0404 831 201

**Email:** [rsvp@befriend.org.au](mailto:rsvp@befriend.org.au)

**Online:** [befriend.org.au/contact-us/](http://befriend.org.au/contact-us/)

# Alcoholics Anonymous

Alcoholics Anonymous is a *fellowship of people* who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The *only requirement for membership is a desire to stop drinking* and their primary purpose is to *stay sober and help other alcoholics to achieve sobriety*.

## How AA works:

- AA is run primarily through meetings. These are informal gatherings where members talk about what drinking did to their lives and personalities, what actions they took to help themselves and how they are living their lives today.
  - o It is suggested for your first meeting that you turn up 10 minutes early to acquaint yourself with other members.
  - o It is also suggested to listen for the similarities, not the differences.
- The program, known as the 12 Steps, provides a framework for self-examination and a road to recovery, free of alcohol.
  - o These steps are described further in the main text, Alcoholics Anonymous.
- There are no dues or fees for AA membership; they are self-supporting through their own contributions.
  - o A collection is usually passed around at the end of a meeting. There is no obligation to give anything, but all money collected usually goes towards rent, tea and coffee, and any AA literature at the meeting.
- AA is not allied with any sect, denomination, politics, organisation or institution.
  - o They do not wish to engage in any controversy; neither endorses nor opposes any causes.

## Is AA For Me?

- When you honestly want to, do you find that you cannot quit entirely, or if when drinking, you have little control over the amount you take?
- Is drinking stopping you from leading the sort of life you want to lead?
- Do you feel that drinking is costing you more than money?

If any of these are the case, then AA may be for you. Determine for yourself whether or not alcohol has become a problem for you and attend with an open-mind. It is up to you to diagnose yourself an alcoholic; no other member can do it for you.

## For a list of local meetings, or for further information contact:

**Phone:** 08 9325 3566 (Perth office)

**Helpline:** 1300 222 222 (24 hours)

**Online:** [aaperthwa.org](http://aaperthwa.org) or [aa.org.au](http://aa.org.au)



# Al-Anon Family Groups

*Remember: You are not alone and there is always hope.*

Al-Anon Family Groups are **a fellowship of relatives and friends of alcoholics** who share their **experience, strength and hope** in order **to solve their common problems**. They believe alcoholism is a family illness and that changed attitudes can aid in recovery. They do this by practising the Twelve Steps, by **welcoming and giving comfort to families of alcoholics** and by giving understanding and encouragement to the alcoholic.

## What Happens at a Meeting?

- Members share their experience, strength and hope, in applying the Al-Anon principles to their own lives that have been affected by someone else's problem drinking.
- Through this exchange, other members can identify their own situations and learn about the disease of alcoholism and how it affects behaviours in family members.
- Meetings are free for all to attend, but a collection may be passed around at the end for contributions to the payment of rent, tea and coffee.

## Is Al-Anon For Me?

- Is the drinking of your partner, parent, child, or friend worrying you?
- Do you need help to cope with the effects of someone else's drinking?
- Did you grow up in a family affected by alcohol abuse?

If you can relate to any of these questions, or if you are concerned about someone else's drinking, then Al-Anon may be the place for you. The only requirement for membership is that there be a problem drinker as a relative or friend, regardless of whether they are still drinking or not.

## For further information, or to find your local meeting, contact:

Al-Anon Family Groups Western Australia:

**Phone:** (08) 9325 7528 (Office hours are 10.30am – 2.30pm Monday to Thursday)

**Helpline:** 1300 252 666

**Email:** [office.admin@alanonwa.org](mailto:office.admin@alanonwa.org)

**Online:** [www.al-anon.org.au](http://www.al-anon.org.au)



# angelhands

Recovery from extreme trauma

***Angelhands Inc. serves the WA community through providing hope and healing on the journey to recovery from extreme trauma.*** Angelhands provides community awareness, recognition and education to help promote clarity, understanding and compassion within the wider community of the complex psychological, social and systematic challenges resulting from extreme trauma.

## Services On Offer:

- Befriending Services
  - Free one-to-one service in which a supportive relationship is offered to people with experiences of trauma, historical or recent, to promote their recovery and support individuals to thrive in their lives going forward.
  - A non-clinical relationship underpinned by a methodological approach and informed by support and psycho-education theories.
  
- Group workshops led by Angelhands team members and trauma recovery assistants, working through activities and games to build knowledge and skills that will empower you going forward.
  - BRAVE – Better Recovery, Active Visioning and Emergence
    - Workshops for people with experiences of trauma, historical or recent.
  - ENACT – Encouraging New, Active and Careful Thinkers
    - Workshops for people after an experience of family domestic violence.
  
- These workshops are run depending on funding availability, please see their website for the most up to date workshop dates.

To find further information, or to book in an appointment, contact:

**Phone:** (08) 9272 2242

**Email:** [admin@angelhands.org.au](mailto:admin@angelhands.org.au)

**Online:** [angelhands.org.au](http://angelhands.org.au)



Open Arms – Veterans & Families Counselling (formerly VVCS) is Australia’s leading provider of ***high-quality mental health assessment and clinical counselling services for Australian veterans and their families.*** Open Arms counsellors and staff have an ***understanding of veteran and military culture that assists them to deliver specialised support*** and care to members of this community.

Military-Aware Mental Health Counselling and Support is Available to:

- All current and ex-serving members of the Australian Defence Force (ADF)
- ADF Personnel transitioning to civilian life
- Partners and children of serving and ex-serving personnel
- Ex-partners who are co-parenting
- Reservists with one day continuous service

For more information: <https://www.openarms.gov.au/get-support/counselling/eligibility>

Referral to Open Arms:

- Eligible members of the military community and their families can refer themselves by calling 1800 011 046 during business hours.

Counselling on Offer:

- Free and confidential individual counselling to help resolve your problems in a positive way, helping you to clarify the issues, explore options, develop strategies and increase self-awareness.
- Group programs assist the serving and ex-serving community, as well as their families, to live their best life.
  - o Range of group activities include group treatment programs with different focuses (eg. Anger, anxiety, trauma depression, sleep issues), online groups, relationship retreats and suicide intervention education workshops.

Contact Open Arms For More Information:

**National number:** 1800 011 046  
*This will connect you to your nearest Open Arms centre during business hours. After hours this will connect you to the Crisis Counselling Line.*

**Online:** <https://www.openarms.gov.au/>

## 8 ways how to help someone who is grieving

When someone you care about experiences the death of a loved one, it may be hard to know what to say or how to offer comfort and support. Losing a loved one doesn't just disrupt a person's life - it changes it forever. It is an important but difficult task to help someone close to you who is grieving. Here are some practical ways you can give support:

### **(Really) Listen.**

Never underestimate how much simply being available to hear their story when they are ready to talk can help. Without any magical thing to say to make it all better, just give them the space to express themselves and feel heard.

### **Let them grieve.**

Let them know it is okay to share their grief and that they are not alone. It takes time to adjust and to learn to live our life without that person, thing or way of life. There is no right way or wrong way to grieve; everyone is individual. Adjusting to the loss can take many years.

### **Validate the loss.**

Acknowledging just how bad it really is can be very important. To validate someone's grief: pay attention, reflect back, understand the cause of their pain, acknowledge the valid and show genuineness.

### **Help them prepare for stressful or sad events.**

Events and situations that remind the person of their loss can be particularly hard to deal with, such as funerals, birthdays and anniversaries. Preparing for these events and your reactions to them can be a huge support.

### **Help out with practical tasks.**

Rather than saying, "Let me know if there is anything I can do to help," offer assistance with specific tasks. Help with activities like grocery shopping, preparing meals and washing.

### **Recognise if their grief has become a serious problem.**

Look out for signs that they are not coping – this includes signs of prolonged isolation, low mood, suicidal thoughts or giving up on life. If grief is becoming too overwhelming for you or someone you know, get help by talking to a trusted GP, health professional or call Lifeline on 13 11 14 available 24/7.

### **Look after yourself.**

Supporting a grieving person can be emotionally demanding. It is important to take care of your own physical and emotional health, and talk about any difficult feelings with someone during this stressful time. You cannot pour from an empty cup!



### **Be kind and understanding.**

Worry about doing and saying the right thing for your grieving person is only natural. No matter how unsure you may feel about the support you are offering, what matters most is that you are genuinely concerned and want to help. Try to be your kindest self and trust your instincts.

By Ellie Carr

Prevention Services Manager, Lifeline WA and Mental Health Nurse





Anglicare<sup>WA</sup>

## Suicide Postvention Support

Anglicare WA provides **suicide postvention support** to the community. They understand that grief is a natural response to loss. **Grief after suicide is similar to other kinds of sudden loss, however, some facets are unique and may be stronger and longer lasting.** Anglicare WA will walk alongside you and provide you with support through your grief journey, with their programs ABOR and Standby.

### ABOR (Active Response Bereavement Outreach):

Support Service for people bereaved by suicide. It works closely with other support services and the community to provide:

- **Peer support:** Spend time with a trained volunteer who has lived experience with bereavement by suicide
- **Counselling:** Short to medium term counselling with professional grief counsellors
- **Home visit:** A grief counsellor and peer supporter can visit bereaved families at their home and provide initial support
- **Support groups:** A safe and supportive environment where family members and friends can share experiences with other bereaved people.
- **Referral advice:** Professional advice and support with referrals for on-going support
- **Support in the workplace:** This service provides support for anyone in the workplace affected by suicide.

### StandBy Support After Suicide:

StandBy is a suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. The program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including individuals, families, friends, witnesses, first responders, and service providers.

### For more information, contact:

**Phone:** (Arbor) 1300 11 44 46

(StandBy) 1300 727 247

*This will connect you to your local StandBy service for 24/7 support*

**Email:** [arbor.bereavement@anglicare.org.au](mailto:arbor.bereavement@anglicare.org.au)

**Online:** [www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-\(arbor\)](http://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-(arbor))

# Death Cafe

A Death Café is **a social gathering**, where people come together to eat cake, drink tea and **discuss death with no agenda, objectives or themes**. It is a discussion group rather than a grief support or counselling session. Sharing our experiences of death and dying makes life and living all that more precious, by bringing it fully into the here and now.

- Who:** Anyone who wants to talk about death
- Why:** To share stories and experiences about death and dying in a safe, supportive environment
- Cost:** Free! But it is recommended that you support the café hosting the group by purchasing a drink or something to eat during your visit.

Cafes are offered on a not-for-profit basis, in an **accessible, respectful, and confidential space**. They are not held with the intention of leading people to any conclusion, product, or course of action.

## Perth Death Café:

The Perth Death Café takes place on Saturdays once a month, and is currently being facilitated by Amanda McLennan, who is a trainee End of Life Planner/Death Doula.

**Email:** [perthdeathcafe22@gmail.com](mailto:perthdeathcafe22@gmail.com)

**Online:** <https://perthdeathcafe.org/>

## The Murdoch Death Café:

**Phone:** 9360 6776

**Email:** [perthlivingloss@gmail.com](mailto:perthlivingloss@gmail.com)

**Online:** [www.facebook.com/Death-Caf%C3%A9-Murdoch-2201352010195357/](http://www.facebook.com/Death-Caf%C3%A9-Murdoch-2201352010195357/)

For more general information, or to find other Death Café groups in Perth:

**Online:** <https://deathcafe.com/>



The Grief Centre of Western Australia ***provides understanding, support and recovery, through practical services for those living with grief.*** They are committed to helping those suffering and advocating on their behalf to ***change the way grief is viewed and responded to*** in the community. Available for anyone with grief, in relation to any type of loss, no matter when it occurred, such as:

- Loss of home, country, or culture
- Life Transition (retirement, empty nest, loss of purpose)
- Loss of natural environments and species extinction
- Intangible losses (loss of dreams, hopes for the future)
- Death of a friend, family member, or a pet
- Divorce or separation
- Loss of employment or financial security
- Illness or disability
- Infertility
- Childhood abuse/trauma (loss of expected experiences)

#### Counselling:

- Individual, family, and couple sessions are available.
- Provided by skilled and experienced grief counsellors.
- Cost \$85/hour. Rate may be reduced for certain clients who provide evidence of financial difficulty.

#### Support Groups:

Attending a group with others who have lost someone can give those participating an opportunity to listen and/or share their feelings in a safe and supportive setting. Bereavement groups can help reduce the feelings of isolation that occur during the grieving process. Many different, regular support groups are available such as:

- Life After Loss (Adults): Wednesdays 9.30am – 11.30am, Thursdays 6.30pm – 7.30pm
- General Grief and Loss (non-bereavement): Wednesdays 6.30pm – 7.30pm
- COVID-19 Unvaccinated Group: Tuesday 12.30pm – 1.30pm

RSVP to attend a support group at [www.griefcentrewa.org.au/grief-support-groups](http://www.griefcentrewa.org.au/grief-support-groups)

#### For more Information contact:

**Phone:** 0404 658 052

**Online:** [www.griefcentrewa.org.au](http://www.griefcentrewa.org.au)

**In person:** A Block (A25 & A24) at 105 Banksia Street, Tuart Hill

# Solace Grief Support WA Inc.



Solace provides **confidential support and information for people who have had their spouse, partner or fiancée die**. They help those who are grieving to develop a better understanding of the grieving process and its associated traumas. Their aim is to **facilitate healthy grieving under the caring guidance of our support persons** who have all survived the death of their loved ones.

## Solace Aims:

- Help normalise the grieving process and reassure those who grieve that their feelings are normal.
- Provide a safe environment in which grief can be freely expressed.
- Bring together people who have had a spouse, partner or fiancée die.
- Provide timely and respectful feedback to assist our fellow bereaved people in adapting to their loss.
- Develop and share resources that may validate and inform members of their grief processed.
- Provide regular and ongoing sharing and caring support groups for members.
- Provide organised activities for members.

## Support Offered:

- |                                     |                                |
|-------------------------------------|--------------------------------|
| ○ Meeting you in person             | ○ Walking Groups               |
| ○ Telephone support                 | ○ Men's informal support group |
| ○ Sharing and Caring Support Groups | ○ Online Zoom Support Group    |
| ○ Café and Lunch Groups             | ○ Guest speakers               |
| ○ Walking Groups                    |                                |

It is a requirement for those wishing to take part in any Solace support activities to become a financial member of Solace WA. Your registration is to cover your public liability insurance policy.

## To find out more details or to speak to someone for support, contact:

**Phone:** 0488 991 084

**Email:** [infor@solacegriefsupportwa.org.au](mailto:infor@solacegriefsupportwa.org.au)

**Online:** <https://solacegriefsupportwa.org.au/contact-us/>

## Online Resources:



### **Beyond Blue**

- Online resource to offer support and information on Depression and anxiety.
- OBE Campaign is designed to share stories and challenge the myth that 'depression is a normal part of ageing.'

[www.beyondblue.org.au](http://www.beyondblue.org.au)



### **MindSpot**

- Wellbeing Plus Course designed to teach adults over 60 to learn to manage mild, moderate and severe symptoms of depression and anxiety.
- 5 lessons over an 8 week period, as well as weekly therapist support sessions if required.
- Run entirely online, so having regular internet access is essential.

[mindspot.org.au/wellbeing-plus-course](http://mindspot.org.au/wellbeing-plus-course)



### **Senior Services Guide**

- Search to find any community resource or service close to you.
- All services offered are considered appropriate in helping seniors.

[www.seniorservicesguide.com.au](http://www.seniorservicesguide.com.au)



Mentally Healthy WA

### **Act-Belong-Commit**

**(08) 9266 4648**

- Online guide to being Mentally Healthy in day to day life.
- Make pledges online with other West Australians to commit to bettering your physical, mental, and spiritual wellbeing.
- Find community events and groups to join, based on common interest.

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)



### **Centre for Clinical Interventions**

**(08) 9227 4399**

- Online resources available with strategies that deal directly with negative or challenging thoughts, feelings and emotions.
- Workbooks for a range of disorders; including anxiety and depression.

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)



**THIS WAY UP  
(08) 9227 4399**

- Online courses/programs available to help reduce the impact of anxiety and depression in day to day life.
- Courses can be completed on your own accord, or supervised by a clinician who has registered to the program.

[thiswayup.org.au](http://thiswayup.org.au)



**SANE Australia  
+61 3 9682 5933**

- Online resource with factsheets and guides on all areas of looking after yours or someone else's mental wellbeing.
- Peer support network available through the online forums.

[www.sane.org/information-stories/facts-and-guides](http://www.sane.org/information-stories/facts-and-guides)



**Moodgym**

- Free and confidential self-help program designed to help users prevent and manage symptoms of depression and anxiety.

- Teaches skills based on cognitive behaviour therapy.

[moodgym.com.au](http://moodgym.com.au)



**Blue Knot Foundation  
1300 657 380 (helpline).**

- Online support, education, and resources available for adult survivors of childhood trauma.

[www.blueknot.org.au/For-Survivors/Survivor-self-care](http://www.blueknot.org.au/For-Survivors/Survivor-self-care)



**Mental Health Online**

- Comprehensive online resources to help you understand and address your needs.

- Free 12-week evidence-based programs with optional access to mental health professionals to help support you.

[www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)



**Your Health in Mind**

- Provides expert information about mental illness, treatments, psychiatrists and how to get help.

[www.yourhealthinmind.org](http://www.yourhealthinmind.org)

## Who Are We?

### Trinity School for Seniors

#### *Companionship through Learning*

An inclusive community for older adults to share mutual interests, enhance friendships and participate in lifelong learning.

The Trinity School for Seniors (TSFS) provides over 100 courses for more than 500 attendees over five days during a term, and over four terms per year. The School is located in the heart of the City and easy to access via public transport.

TSFS was started in 1979 and is a mission outreach of the Uniting Church in the City. The School is a recreational facility for older adults (60 years and older), providing education and a mutual support network which meets the physical, emotional, social, intellectual, pastoral and spiritual needs of Seniors in the wider Perth community.

The objects of the Trinity School for Seniors are to provide:

**Companionship:** *by conducting activities for students which enhance friendships and the sharing of mutual interests;*

**Learning:** *through structured learning programmes for students which increase their skills and knowledge and their capacity to contribute meaningfully to community life;*

**Well-Being:** *through the conduct of activities and structured learning programmes for students which assist them to remain physically and mentally healthy.*

Come and be a part of our community. It is a great place to make new friends and learn new skills.



## TRINITY SCHOOL FOR SENIORS

*Companionship through Learning*

Level 1, 72 St Georges Terrace, PERTH WA

PO Box X2222 PERTH WA 6847

(08) 9483 1333 | [Reception@tsfs.org.au](mailto:Reception@tsfs.org.au)

Office Hours: Monday to Friday 9.00am – 3.00pm

[www.perthunitingchurch.org.au](http://www.perthunitingchurch.org.au)

*An initiative of the Uniting Church in the City*