



# AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL  
AND TORRES STRAIT ISLANDER STUDIES

## Western Australia, Gascoyne Region

### Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:

#### **Emergency Contact Numbers**

**1300 224 636**

BEYOND BLUE

**13 11 14**

LIFELINE

**1800 55 1800**

KIDS HELPLINE

### **Yorgum Aboriginal Family Counselling Service**

Yorgum offers Aboriginal-specific community-based counselling and referral services that acknowledge the impact of colonisation on Aboriginal people. This includes one-on-one counselling, family violence counselling, grief and loss, sexual assault counselling, crisis/trauma resolution, relationship counselling, Aboriginal identity counselling, and specialised cultural therapeutic practices, Link-Up services, a Grandmothers group, a Building Solid Families program and Workforce Support Unit.

Office Hours: 900am to 5.00pm Monday to Friday

Address: PO Box 236 Northbridge WA 6865

Free call: 1800 469 371

Ph: (08) 9218 9477

Web: [www.yorgum.org.au](http://www.yorgum.org.au)

## Link-Up Western Australia – Kimberley Stolen Generation Aboriginal Service

The Kimberley Stolen Generation Aboriginal Service in Broome helps members of the Stolen Generations find information about their family and locate their family members. It also helps reunite family members who have not met before.

Address: 28 Barker Street, Broome WA 6725

PO Box 2775, Broome WA 6725

Free call: 1800 830 338

Ph: 08 9193 6502

Web: <http://www.kimberleystolengeneration.com.au/information/link-up>

Email: [admin@kimberleystolengeneration.com.au](mailto:admin@kimberleystolengeneration.com.au)

## 360 Health Centre Geraldton

360's Mindcare counselling programmes can help people manage issues ranging from stress and trauma, to the ups and downs of daily life, and assistance for people who are at risk of developing mild to moderate mental health concerns such as depression or anxiety. We provide counselling programs for adults and children aged 4 - 17 years, in both individual and group settings.

360 are staffed by a variety of mental health professionals with a diverse background of clinical knowledge including Registered and Clinical Psychologists; accredited Mental Health Social Workers and Nurses, who can help people to gain an understanding of, and develop strategies to manage symptoms related to a range of issues including:

- Mood disorders such as depression
- Anxiety and panic
- Stress and stress-related symptoms
- Suicidal thoughts
- Trauma related symptoms
- Grief and loss
- Issues related to alcohol and other drug use.

Address: 254 Foreshore Drive, Geraldton WA 6530

Ph: 1300 706 922

Ph: 08 9960 6800

Web: <https://www.360.org.au/Home>

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

## Helping Minds

Helping Minds offers counselling support to the family and friends of people living with mental health challenges across WA.

Services and include:

- 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

Counselling support includes:

- Individual counselling appointments for adults and young people aged 7-17
- In-school counselling for students aged 7-17
- Phone counselling for people in regional and remote WA on 1800 811 747

Address: 180 Durlacher Street, Geraldton, WA, 6530

Free Call: 1800 811 747

Ph: 08 9427 7100

Web: <https://helpingminds.org.au/#>

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

## Hope Community Services Midwest

HOPE maintains partnerships and Memorandum of Understandings with Bega Garnbirringu Health Services in Kalgoorlie, the Geraldton Streetwork Aboriginal Corporation in Geraldton, the Youth Involvement Council in Port Hedland and Peedac in Perth. The partnerships support service delivery in each region, across a variety of programs for people affected by alcohol and other drugs, poor health (physical / mental / emotional / spiritual), and people involved with the justice system. Hope Community Services also maintains informal working relationships with Geraldton Regional Aboriginal Medical Service and Meedac in Geraldton.

HOPE has maintained accreditation against the Western Australian Network of Alcohol and other Drug Agencies (WANADA) Standard on Culturally Secure Practice for the past two years.

Address: 11 Bayly Street, Geraldton, WA, 6530

Ph: 08 9921 7409

Web: <https://hopecommunityservices.org.au/>

Email: [rosellaadmin@hopecs.org.au](mailto:rosellaadmin@hopecs.org.au)

## Geraldton Regional Aboriginal Medical Services

Geraldton Regional Aboriginal Medical Services provides a number of programs including:

- **Maga Barndi Social & Emotional Wellbeing Support**

Our social and emotional wellbeing team consists of a social support coordinator, social worker, psychologist, social health worker trainee and a mental health trainee. The team provides holistic and culturally appropriate social support services to support families and individuals in crisis. Counselling is available for adults and children for depression, anxiety, trauma, anger management and post-traumatic stress disorder.

- **Bringing Them Home**

The Bringing Them Home program provides counselling, family tracing, reunion services and support to all Aboriginal and Torres Strait Islander People in the Mid-West and Murchison region. This service is available Monday to Wednesday appointment through reception.

Address: 60 Rifle Range Road, Rangeway, WA, 6530

Ph: 08 9956 6555

Web: <http://www.grams.asn.au/>

Email: [wood@grams.asn.au](mailto:wood@grams.asn.au)

## Derbarl Yerrigan Health Service Aboriginal Corporation

Includes four clinics in the major hubs of the Metropolitan area delivering a comprehensive healthcare service, counselling and a number of specialised programs including for Stolen Generations. The Health service is also responsible for an Accommodation Hostel which provides board and lodging to Aboriginal people attending Renal Dialysis in Perth who are away from home or Country. East Perth, Maddington, Mirrabooka, Midland.

Contact: Derbarl Yerrigan

Address: 156-172 Wittenoom Street, East Perth, WA 6004

Ph: 08 9421 3888

Web: <https://www.dyhs.org.au/>

## South Coastal Health and Community Services

South Coastal Health and Community Services counsellors offer free or low cost counselling, therapeutic groups, and advocacy services.

Psychologists are also available for men, women and children wanting to access psychological services under a Mental Health Care Plan. An onsite crèche service is available and delivered by qualified Early Childhood Educators.

Address: 4 Civic Boulevard, Rockingham

Phone: (08) 9550 0900

Web: <http://southcoastal.org.au/>

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

## Tuart Place

Tuart Place is a resource service for people who experienced out of home care in Western Australia. Tuart Place can assist with finding records, tracing family, counselling and social activities.

Address: 24 High Street, Fremantle WA 6160

Free call: 1800 619 795

Ph: 08 6140 2380

Website: <https://www.tuartplace.org>

Email: [admin@tuartplace.org](mailto:admin@tuartplace.org)

## Wirraka Maya Health Service

An Aboriginal Community Controlled Health Service designed to ensure that client's journeys through the health system meets their medical, health, social and cultural needs.

WMHSAC is a bulk-billing service, meaning there will be no charge for any health service received at the clinics.

WMHSAC originated from the efforts of Aboriginal people to establish a health service that addressed the unmet needs of Aboriginal people in the Port Hedland and South Hedland area and surrounding communities.

Address: 17 Hamilton Road, South Hedland WA 6722

PO Box 2523 South Hedland WA 6722

Social and Emotional Wellbeing Centre

Ph: 08 9172 0444

Web: <http://www.wmhsac.com>

Email: [hr@wmhsac.com](mailto:hr@wmhsac.com)

## NATIONAL SERVICES:

### Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Address: 2 Leake Street, South Hedland WA 6722

PO Box 1206 West Leederville WA 6901

Ph: 08 9160 2900

Counselling: 08 6164 0190

Ph: 1300 364 277 for nearest branch

Web: <https://www.relationshipswa.org.au/services/counselling>

### Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

### Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

Lifeline WA's mission is to prevent suicide, support people in crisis and create equal opportunities for emotional wellbeing. Lifeline WA's grief and bereavement program offers free counselling to families and individuals, including children, before, during and after times of loss and grief. Counsellors are supported by specialist training in grief and more complex bereavement.

Ph: 13 11 14

To book an appointment call (08) 9261 4444

Web: <https://www.lifeline.org.au>

Email: [reception@lifelinewa.org.au](mailto:reception@lifelinewa.org.au)



## Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Ph: 1300 224 636

Web: <https://www.beyondblue.org.au>

## Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

## 1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>