

# Mental Health & Wellbeing Guide 2023

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.

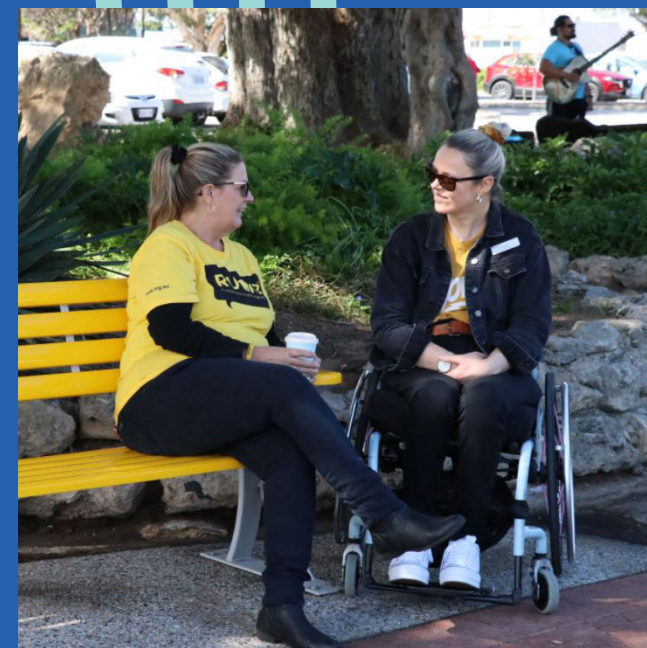
All services listed in the Guide are self-referred and are readily accessible.



# Mental Health & Wellbeing Guide



[mandurah.wa.gov.au](http://mandurah.wa.gov.au)



## General Mental Health Services

All general mental health services are self-referred

### Neami National

**w:** [neaminational.org.au/find-services/neami-mandurah](http://neaminational.org.au/find-services/neami-mandurah)

**a:** 6 Davey Street Mandurah

**e:** [mandurah@neaminational.org.au](mailto:mandurah@neaminational.org.au)

**Referral:** Self Referral

### Relationships Australia

**w:** [relationshipsaustralia.org.au](http://relationshipsaustralia.org.au)

**e:** [mandurah@relationshipsaustralia.org.au](mailto:mandurah@relationshipsaustralia.org.au)

**a:** Counselling: 7 Cooper Street, Mandurah p: 6164 0588

**a:** Education: Lotteries House 7 Anzac Place Mandurah, p: 6164 0173

**a:** Counselling Seniors: 7 Cooper Street, Mandurah, p: 6164 0620

**p:** Child Contact Services: 6164 0620

**Referral:** No referral required for counselling

### headspace

**w:** [headspace.org.au](http://headspace.org.au)

**a:** Peel Health Hub, 10c 327 Mandurah Terrace, Mandurah

**e:** [hello@headspaceman.com.au](mailto:hello@headspaceman.com.au)

**p:** 9544 5900

**Referral:** Self-referral, contact via phone or email

### Richmond Wellbeing

**w:** [rw.org.au](http://rw.org.au)

**a:** 36 Rockford Street, Mandurah

**p:** 1800 742 466

**Referral:** Referral form can be filled by anybody

### Allambee

**w:** [allambee.org.au](http://allambee.org.au)

**a:** Peel Health Hub, 91 Allnutt Street, Mandurah

**p:** 9535 8263

**e:** [help@allambee.org.au](mailto:help@allambee.org.au)

**Referral:** Self-referral, contact via phone or email

### GP Down South

**w:** [gpdownsouth.com.au](http://gpdownsouth.com.au)

**a:** Peel Health Hub, 91 Allnutt Street, Mandurah

**p:** 9537 5500

**e:** [office@gpdownsouth.com.au](mailto:office@gpdownsouth.com.au)

**Referral:** Self-referral, contact via phone or email

### Chorus

**a:** 98 Mandurah Terrace Mandurah

**e:** [hello@chorus.org.au](mailto:hello@chorus.org.au)

**p:** 1800 264 268

### Standby

**w:** <https://standbysupport.com.au/>

**e:** [standby.perthmetro@anglicarewa.org.au](mailto:standby.perthmetro@anglicarewa.org.au)

**p:** 1300 727 247

## 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](http://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](http://lesliestreetcentre.com)

**a:** 7A Leslie Street, Mandurah

**p:** 9581 4384

**e:** [lesliestreetcentre@gmail.com](mailto:lesliestreetcentre@gmail.com)

### Helping Minds

**w:** [helpingminds.org.au](http://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](http://connectgroups.org.au)

**e:** [info@connectgroups.org.au](mailto:info@connectgroups.org.au)

**p:** 9364 6909

### Peer Pathways (COMHWA)

**p:** 9477 2809 or 9258 8911

**Referral:** Phone service

### Blue Bird - Support Group

**w:** [www.bluebird.org.au](http://www.bluebird.org.au)

**e:** [info@bluebird.org.au](mailto:info@bluebird.org.au)

**p:** 0488 791 337

### Roses in the Ocean

**p:** 1300 411 461

**w:** <https://rosesintheocean.com.au/>

## Online and Phone Services

Free online resources which are accessible for anyone

**Head to Health** [headtohealth.gov.au](http://headtohealth.gov.au)

**Mind Spot** [mindspot.org.au](http://mindspot.org.au)

**This Way Up** [thiswayup.org.au](http://thiswayup.org.au)

**Beyond Blue** [beyondblue.org.au](http://beyondblue.org.au)

**Lifeline** [lifeline.org.au](http://lifeline.org.au)

**Healthy Mind** [healthymind.org.au](http://healthymind.org.au)

**Carers WA** [carerswa.asn.au](http://carerswa.asn.au)

**Black Dog Institute** [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

**13 Yarn** ph: 139276

## 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

