Self-Care Tips

- **Ask for help straight away**
- **Talk to your Mob**
- **Avoid being alone. Spend time with your Mob, friends or support person**

Important Numbers

Emergency.....Go to the hospital or call 000

Mental Health Co-Response Team.....**131 444**
Rural Link (After Hours Mental Health Support).....**1800 552 002**
CAMHS Crisis Connect (For under 18s and their families, 24/7)...**1800 048 636**
13 YARN (24/7).....**13 92 76**
Brother to Brother Aboriginal Men's Helpline (24/7).....**1800 435 799**
Parent and Family Drug Support Line.....**1800 653 203**
Crisis Care (24/7).....**1800 199 008**
Alcohol and Drug Support Line.....**1800 198 024**

Walk and Talk
Kaart Darabiny
Yarning Our Way

Mental Health & Alcohol & Other Drug Service

SWAMS Aboriginal **Aftercare**

Supporting people experiencing suicidal thoughts

phn PERTH NORTH, PERTH SOUTH, COUNTRY WA
An Australian Government Initiative

WAPHA Better Health Together

South West AMS Aboriginal Medical Service
Our Health, Our Way

What is Aftercare?

Aftercare offers support to people who have attempted suicide or are having thoughts of suicide.

How can we support you and your mob?

We offer support to individuals and their families. Aftercare is a 12 week voluntary program.

How to be referred to Aftercare

At the hospital
You can be referred directly from Bunbury and Busselton Hospital. Please ask for the referral if it is not offered when discharged.

Self referrals
Ask your GP or call the SWAMS Bunbury Clinic and ask for the Aftercare Team.

Moort and friends
Family or friends can refer by calling the SWAMS Bunbury Clinic and asking for the Aftercare Team.

How to speak to us

Contact SWAMS Bunbury Clinic on 9726 6000 or 1800 779 000 and ask for the Aftercare Team.

You can also email aftercare@swams.com.au - please include a phone number we can contact you on.