



# SEWB

Social & Emotional  
Wellbeing

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Being part of a community can have a positive impact on  
mental health and wellbeing.**





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## **Social and Emotional Wellbeing**

Our services are about helping community by walking alongside them. Being part of a community can have a positive impact on mental health and wellbeing. Community involvement provides a sense of belonging and social connectedness. Good social and emotional wellbeing can also offer extra meaning and purpose to everyday life.

## **The Social and Emotional Wellbeing (SEWB) team - What we do?**

- Activities and events that bring people and community together.
- A range of group programs including the men's group, women's group, and Youth Advisory Group.
- Deliver a range of presentations and workshops.
- Offer Social Work activities including support letters, advocacy, assistance with applications, information, and practical support to help people navigate other services.

## **Mark of excellence**

Here in the SEWB team we take pride in delivering a safe service for community. You can come to us, or we can arrange to come to you. Our team will ensure that your personal information and yarns are kept private and confidential.

The team is based at Djinn Djinn Mart, 23 Sampson Road, Bunbury. If there is something we can't help you with, then we will try to find you someone who can. Please see the contact numbers on the back page.

***"Stay strong, support your mob,  
and stick together."***

***- SEWB Team***



## Here are some important phone numbers, see below:

Emergency - 000  
Police and non-emergency (All Areas) - 13 14 44

Bunbury Hospital - (08) 9722 1000  
Acute Patient Unit - (08) 9722 1576

Lifeline - 13 11 14

Beyondblue - 1300 224 636

*Beyondblue is a non crisis service to discuss issues associated with depression, anxiety and other mental health disorders.*

Rural Link (A/H) - 1800 552 002

*Specialist after hours mental health telephone service.*

13YARN - 13 92 76

*Aboriginal Crisis Support - Culturally Safe and Confidential.*

Kid's Helpline - 1800 551 800

National Disability Abuse & Neglect Hotline - 1800 880 052

Multicultural Services Centre - (08) 9791 5281

Women's Domestic Violence Helpline - 1800 007 339

Men's Domestic Violence Helpline - 1800 000 599

South West Women's Refuge - (08) 9791 2894

SWAMS Mental Health and AOD Service (9-5pm) - (08) 9726 6000

Mental Health Co-Response Team - 13 14 44

Community Mental Health - (08) 9722 1562

*Includes the Aboriginal Community Mental Health Team*

## For further information please contact SWAMS:

SWAMS Administration - (08) 9797 8111

SWAMS Clinic - (08) 9726 6000

SEWB located at:  
Djin Djin Mart  
23 Sampson Road  
Bunbury WA



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