

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**



Mental Health & Alcohol & Other Drug Service

Aftercare



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 not offered it 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 by can refer by calling the SWAMS Bunbury Clinic and asking for the Aftercare Team.

How to speak to us

Call the SWAMS Bunbury Clinic on 9726 6000 and ask for the Aftercare Team.

You can also call the SWAMS free call number on 1800 779 000 and ask for the Aftercare Team.