

Self-Care Tips

We cannot always feel good, but we can do things to help us stay healthy and get us through tough times.



Have a good feed



Get plenty of sleep



Get outside into the fresh air



Have a cuppa/yarn with a friend



Join in activities for fun and connection with others



Listen to music, do some art, take deep breaths



Mental Health & Alcohol & Other Drug Service

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**

Alcohol and Drug Support Helpline (24/7).....**1800 198 024**

Crisis Care (24/7).....**1800 199 008**

Counselling Support

We acknowledge you know your family, community and culture, and we are here to support you.

LET'S WALK TOGETHER



Who we are

We walk alongside you going through tough times with mental health or alcohol and other drug concerns with compassion, dignity and respect.

For You



You are not alone



We are here to listen and not judge



Come have a yarn if you feel down, mad, alone, confused or overwhelmed



What you say to us stays with us unless you give us permission to share

Where we are

Face-to-face

We offer our service at the SWAMS clinics in Bunbury, Busselton and Collie, alongside Djin Djin Mart.

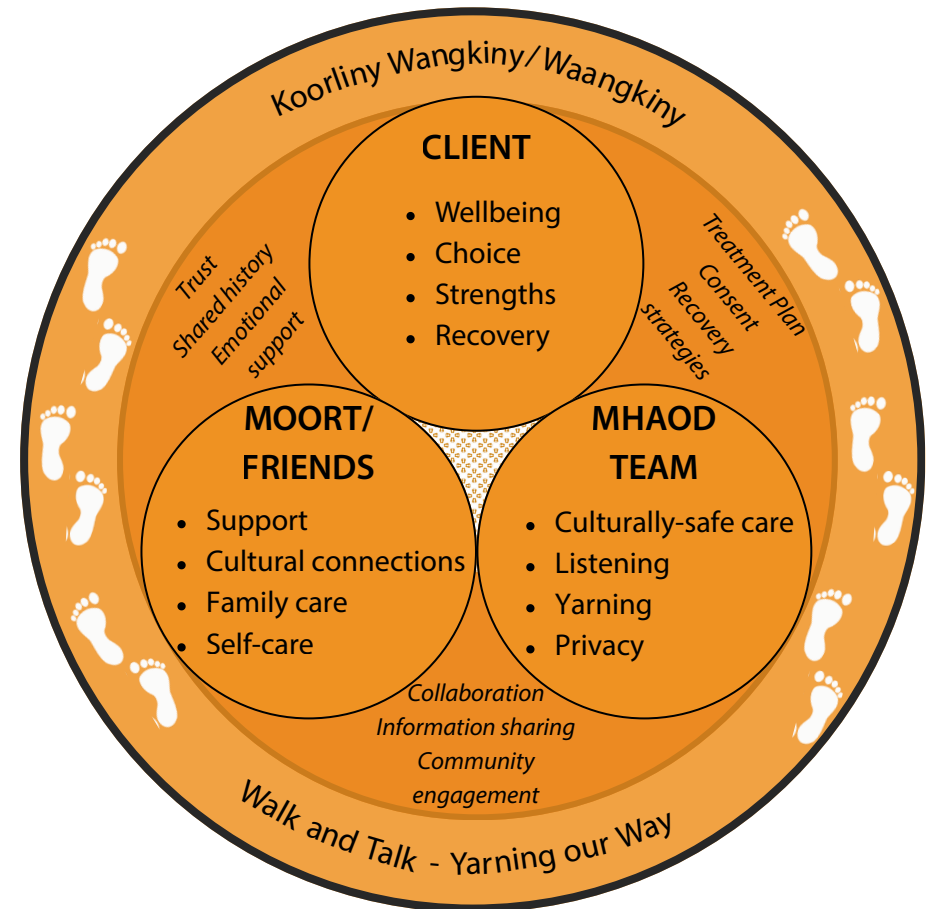
By phone

Phone counselling is available. Please call **(08) 9726 6000** and ask for the Mental Health Team or ask your GP to have us give you a call.



How we help

No one has to walk alone.



People recover better with support. We will support you with healing, connection and strength.