

Self-Care Tips

Worrying about someone can be hard. Looking after yourself helps you be there for others.



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

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**

Carer Gateway (Monday to Friday, 8am to 5pm).....**1800 422 737**



Mental Health & Alcohol & Other Drug Service

Counselling Support for Moort and Friends

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 mob going through tough times with mental health or alcohol and other drug concerns with compassion, dignity and respect.

For Moort and Friends



You are not alone



You can access support too



We listen, we guide and we connect you to resources

Where we are

Face-to-face

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

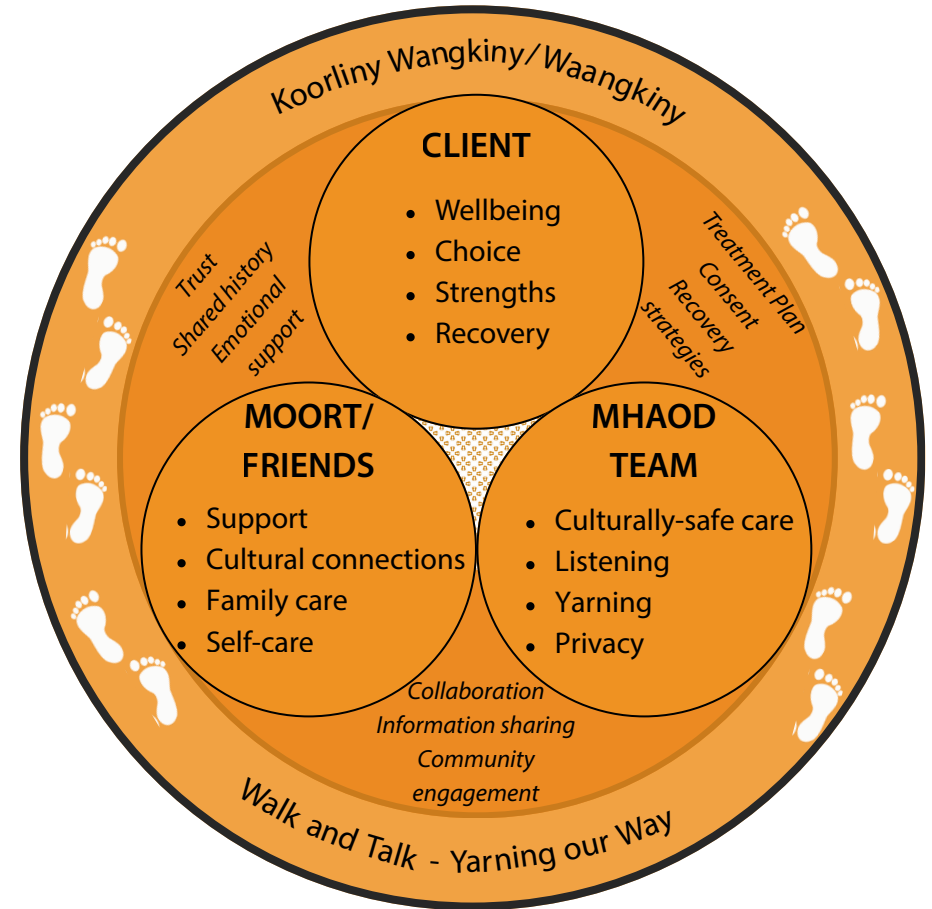
By phone

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

Moort, friends and community who care for someone are part of their recovery.



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