

Here are some important phone numbers, see below:

Emergency - 000

Bunbury Hospital - (08) 9722 1000

Acute Patient Unit - (08) 9722 1576

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

Beyond Blue is a non crisis service to discuss issues associated with depression, anxiety and other mental health disorders

Rural Link (after hours) - 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 800 052

Multicultural Services Centre - 0476 264 707

Women's Domestic Violence Helpline - 1800 007 339

Men's Domestic Violence Helpline - 1800 000 599

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

SWAMS Mental Health and AOD Service (office hours) - (08) 9726 6000

Mental Health Response - 131 444

Ambulance Mental Health Co-response Service

Bunbury Community Mental Health Clinic - (08) 9722 1300

Includes the Aboriginal Community Mental Health Team

For further information, please contact SWAMS:

Djin Djin Mart - (08) 9760 1901

23 Sampson Road, Bunbury

SWAMS Administration - (08) 9797 8111

SWAMS Clinic - 1800 779 000 / (08) 9726 6000



SEWB
Social & Emotional
Wellbeing



About our services

Our services are about helping individuals and community by walking alongside them.

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

Community involvement creates a sense of belonging and social connectiveness.

Good social and emotional wellbeing can also offer extra meaning and purpose to everyday life.

What we do

- Activities and events that bring people and community together.
- A range of group programs for men and women, with activities including arts and crafts, going out On Country and plenty of yarns.
- Offering social supports including support letters, advocacy, assistance with applications, information and practical support to help people navigate other services.



The SEWB Team aims to deliver a safe service to the community. You can come to us, or we can arrange to come to you. Our team will keep your personal information and yarns private and confidential.

If there is something we can't help you with, then we will try to find someone who can.