



USEFUL NUMBERS

Acute Psychiatric Unit	9722-1578
Bunbury Mental Health Clinic	9722 1300
Carers Counselling line (24hrs)	1800 007 332
Commonwealth Respite & Carelink	1800 052 222
Crisis Care Helpline (24hrs)	1800 199 008
Domestic Violence Counselling Domestic Violence Counselling	1800 000 599 (Men) 1800 007 339 (Women)
Drug and Alcohol Services	1800 198 024
Kid's Helpline Ages 5 – 25 (24hrs)	1800 550 800
Lifeline (24hrs)	131 114
Men's Line (24hrs)	1300 789 978
POLICE (24hrs)	131 444
Rural Link (24hrs)	1800 552 002
Suicide Call Back (24hrs)	1300 659 467



Pathways Southwest offers a range of services to support people with mental health issues, including:

- Recovery programme;
- Social interaction;
- Psychoeducational programmes;
- Supported housing.

**FOR FURTHER
INFORMATION OR TO
BOOK AN APPOINTMENT
CALL**

08 9791 1257

OR VISIT OUR WEBSITE

www.pathwayssouthwest.org.au

FEEDBACK

Pathways values the opportunity to understand what we do well and how we could improve. Feedback is essential in assisting us fulfil our commitment to provide high quality services and helps us collect information about client experiences. Feedback can be provided by mail, email, telephone, in person or through our feedback form available from the front office or on our webpage.



MENTAL HEALTH

**Sharing the
caring journey**

**SUPPORT FOR FAMILY AND CARERS
OF THOSE WITH A LIVED EXPERIENCE OF
MENTAL ILLNESS,
LIVING IN THE SOUTH WEST.**

P 08 9791 1257 F 08 9791 3804
Unit 1/14 Rose Street, Bunbury WA 6230
PO Box 275, Bunbury WA, 6231

info@pathwayssouthwest.org.au

www.pathwayssouthwest.org.au

Pathways Southwest is a flexible, responsive, not-for-profit organisation; providing services and support to those who care for someone with a mental illness, or those with a lived experience of mental illness.



WHO IS A CARER?

A carer is a person who is unpaid and provides on-going care or assistance to another person. They may work full-time or balance both a job and their caring responsibilities. Some may live with the person they care for, some live independently. They come from all walks of life, all cultures and faiths, in all shapes and sizes and a range of ages.

A lived experience of mental illness could include Depression, Anxiety, Bipolar, Schizophrenia, BPD, or any other personality disorder (with or without drug/alcohol involvement).

SERVICES

Pathways Southwest uses an assessment tool to identify and develop a plan to address areas of **carer** concern or fatigue. The four major areas covered in this assessment are:

- Emotional health & wellbeing of the carer;
- Financial and legal implications of caring;
- Relationship and lifestyle changes;
- Understanding the illness and learning to cope.

Following an initial appointment, Pathways may be able to offer the following services:

- Access to resource library;
- Advocacy support related to the caring role;
- Strategies to improve communication skills;
- Individual support and counselling related to the caring role;
- Peer support through "Share and Care" groups;
- Psychoeducational programmes;
- Referral to other agencies and community service;
- Self-care and respite strategies and options.

CARER ACTIVITIES AND PROGRAMMES

Pathways Southwest underpins individual and group service delivery with a client-centred approach offering:

Cope for Carers - a monthly education session DBT informed program which covers the four skills of Dialectical Behaviour Therapy (DBT) – Mindfulness Skills, Distress Tolerance Skills, Emotion Regulation Skills and Interpersonal Effectiveness Skills.

Share and Care Groups - a monthly group for ALL family and carers. A safe place to voice concerns and receive encouragement and support from others in the 'same boat'.

Moort Waangkiny - a monthly support group for carers within the Indigenous community.

Psychoeducational programmes - conducted over a number of weeks, these courses assist carers gain knowledge and develop skills to help improve their caring role. Evening and daytime sessions may be available.

RIGHTS AND RESPONSIBILITIES

Carers have rights and responsibilities in relation to the services they receive, including their right to privacy and confidentiality in accordance with the National Mental Health Standards.

For more information, see Pathways Statement of "*Client Rights and Responsibilities*" on our website.

REFERRAL

A referral is **NOT** required to access our Carer Programme. Simply call to make an appointment.

COST

There is no cost to the carer to access the Pathways Carer Programme.