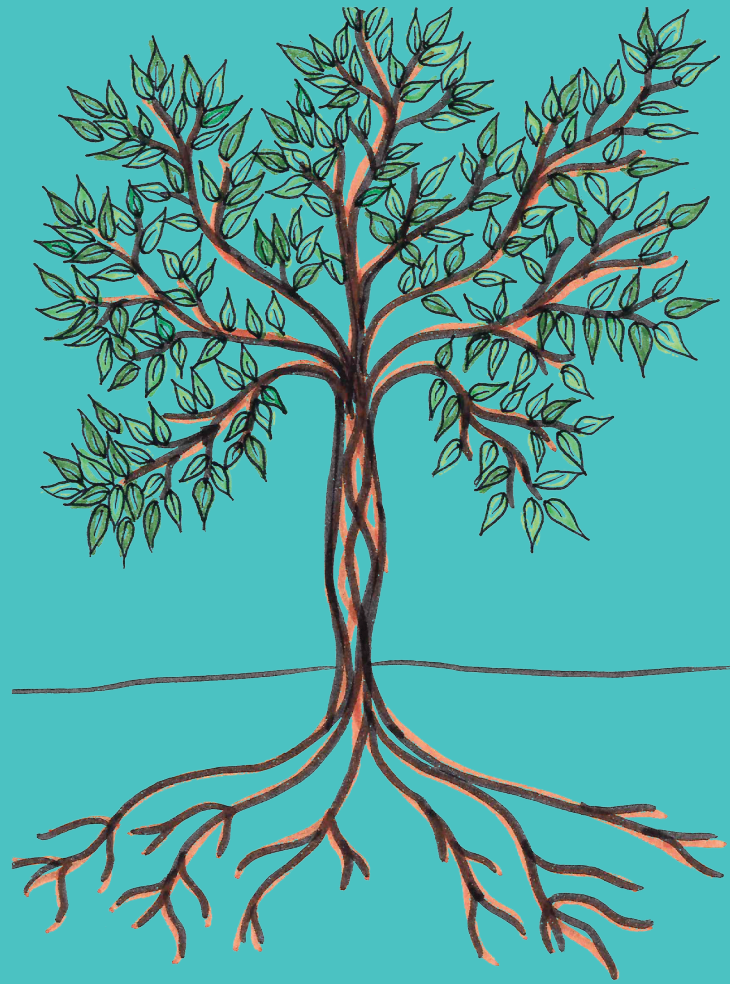


KEPA KURL KEEPING STRONG



YOU MATTER



This booklet has been made to provide local contacts of where to get help and steps for yourself and family.

It has information about mental health, what it looks like, how it feels and what to do about it, like where to go to get help when you feel no good, in your mind, body and spirit.

Thanks to the Yorgas of all ages who had input into this resource and to WAPHA for funding and Escare for Coordinating. Drawings by Candy Smith and Design by members of Seawater Families.

## YOU NEED URGENT HELP!



- Call 000
- Go to Hospital emergency
- Call a friend
- Call a helpline

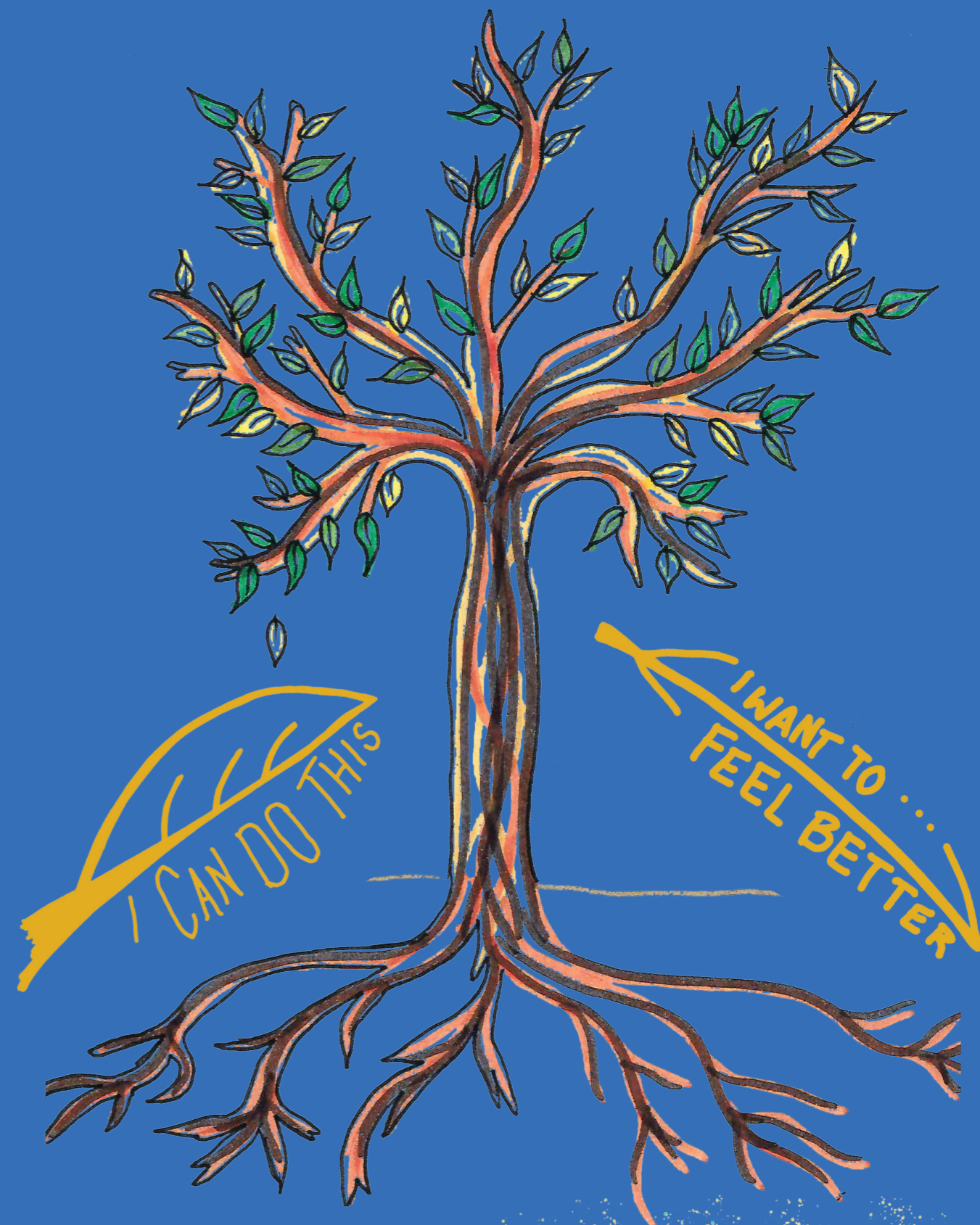
- **13YARN | Crisis support for First Nationals people**  
13 92 76
- **BROTHER TO BROTHER CRISIS LINE**  
1800 435 799
- **CRISIS CARE**  
9223 111
- **24 Hour LIFELINE**  
13 11 14
- **Suicide Call-back**  
1300 659 467
- **Women's Crisis Line**  
1300 659 467
- **BEYOND BLUE**  
1300 22 4636



# HELPFUL LINKS & NUMBERS



- 13YARN | Crisis support for First Nationals people | 13 92 76  
[13yarn.org.au/about-us](http://13yarn.org.au/about-us)  
139276
- Lifeline Counselling Service  
[lifeline.org.au](http://lifeline.org.au)  
131114
- Suicide Call Back Service  
1300 659 467 (cost of a local call)  
Suicide Call Back Services offer crisis support to anyone in australia who is aged 15 years and older and can help anyone who is affected by suicide, which includes if you are feeling suicidal, you are worried about someone, you have lost someone to suicide.
- Thirrili  
[thirrili.com.au](http://thirrili.com.au)  
After suicide support 24/7 call  
1800 805 801
- Standby  
[Standbysupport.com.au](http://Standbysupport.com.au)  
1300727247
- Women's DV Line:  
1800 007 339
- Men's DV Line:  
1800 000 599
- Bega Health Services  
visit every month at Gum Tree  
90225500
- Esperance Hospital and Aboriginal Liaison Officer  
90710888
- Community Mental Health  
Forest Street  
90710444
- Goldfields Mental Health Service  
90216200
- Escare (Balmoral Square)  
can help you get help support you need  
90713110
- Esperance Care Services  
Emergency Relief  
90716310
- Hope Community Services,  
Lotteries House Alcohol & Drug Counselling  
Integrated Team Care Program  
90715169
- Headspace  
Andrew Street | 12-25 years  
90345160



# DEADLY SELF CARE TIPS

- Turn off your phone
- Have a sleep
- Put yourself first
- Talk to someone
- Go to the beach, listen to the waves
  - Drink water
  - Go for a walk on country
  - Kick the footy, get fresh air
- Close your eyes, focus on your breathing
- Have a laugh and yarn, share stories
- Listen to your favorite music
- Have the courage to check out a support place listed in this book
- Listen to Smiling Minds meditation APP
- If you not getting the help you need ask someone you trust, keep asking until you get the help you need.



# WORD MEANING

**Mental Health** = Clear mind helping you stay healthy.

**Depression** = Feeling sad or low for longer than 2 weeks.

**EAP** = Employee Assistance Program (your place of work may have a helping program, just ask) for partners and kids as well.

**Physical Health** = Your body, looking after yourself.

**Meditation** = Focused breathing and being in the moment.

**Mental Health Plan** = A plan made with your Doctor; they ask questions about the way you feel and make a plan to get services you need (you might want to take someone with you)

**Mindfulness** = Being aware of what you are doing, things like relaxation and meditation, walking and focus on your breathing.

**Support** = Reaching out and asking for help.

**At Risk** = You can be at risk if you experience Domestic Violence, Family Violence, trauma experienced, chronic and ongoing illness or conditions like ADHD.

**LGBTQIA+SB** = Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Sistergirl and Brotherboy

**Strong Minds** = Getting the help you need and keep asking till you get it.

**ALO** = Aboriginal Liaison Officer at the hospital, you can ask to see one when you go to Hospital.

**Integrated Team Care (ITC)** = This program supports Aboriginal and Torres Strait Islander people who live with complex chronic conditions.

**Psychiatrist** = doctors who can diagnose mental health illness and give medication

**Psychologist** = trained to help you understand what happening for you.

**Counsellor** = supports people who have emotional issues.

**Triage Officer** = person who will assess you. (Triage = assess).

**Social Worker** = person who can help you after you have been in hospital, based at Esperance Hospital.



## STRONG, SOCIAL AND EMOTIONAL WELLBEING (SEWB)

SEWB is the physical wellbeing of the individual and also the social, emotional and cultural wellbeing of the whole community.

# YOUNG PEOPLE AND CHILDREN



1800551800



Call in at Andrew Street  
or call  
90345160

→ Aboriginal Liaison Officer  
90710888 (ask at  
hospital)

→ Ask family member or  
trusted friend

→ Ask someone at school  
Stars, Clontarf or student  
services or sports club  
that you trust

→ Child and adolescents  
Mental health service  
(CAMHS) at the hospital  
90710444

→ Doctors can help, find one  
you can talk to or ask for  
help to get one you can  
yarn with

→ Escare Youth service  
90713110

→ Mudjar Moorditj Moort  
program  
90715823

→ Tjaltjraak Futures  
90720094

→ Centrecare Footprints  
to Stronger Families  
program  
90832600

→ The Beyond Blue Support  
Service provides 24/7  
advice and support via  
telephone (call 1300 22  
4636) webchat and email  
(email response provided  
within 24 hours).

ALGEE  
KOALA



DO THESE THINGS TO  
HELP YOU OR FAMILY  
MEMBER

## Mental Health First Aid **ACTION PLAN**



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

This booklet is supported by funding from  
WA Primary Health Alliance under the  
Australian Governments PHN Program.



We acknowledge the Traditional Owners of the land on which we live and work, Kapa Kurl Wudjari people of the Nyungar Nation, and we pay our respects to their Elders past, present and emerging. We recognise the ongoing connections to Country of all Aboriginal and Torres Strait Islander.

- Well mob, healing our way: [wellmob.org.au](http://wellmob.org.au)
- National Indigenous postvention Suicide Service: [Thirrili.org.au](http://Thirrili.org.au)
- Black Dog Institute: [Blackdoginstitute/org.au](http://Blackdoginstitute/org.au)
- National Aboriginal Controlled Health Organisation: [Nacho.org.au](http://Nacho.org.au)
- Headspace yarn safe: [headspace.org.au/yarn-safe](http://headspace.org.au/yarn-safe)
- Head to Health: [headtohealth.gov.au](http://headtohealth.gov.au)
- Peer Pathways: [peerpathways.org.au](http://peerpathways.org.au) or call **9477 2809**
- Women's National DV Line: **1800 737 732**
- Men's Line: **1300789978**
- Men's referral service: **1300789978**
- Brother to Brother: [emhprac.org.au](http://emhprac.org.au)
- Support LGBTQIA+SB community [BlackRainbow.org.au](http://BlackRainbow.org.au)
- Parent and Family Drug Support Line: **1800653203**
- Alcohol and Drug Support Line: **1800198024**
- Cracks in the ice: [cracksintheice.org.au/alaboriginal-and-torres-strait-islander-peoples/support-services](http://cracksintheice.org.au/alaboriginal-and-torres-strait-islander-peoples/support-services)

To find current helping numbers in WA, go to :

[mycommunitydirectory.com.au](http://mycommunitydirectory.com.au)