

*A crèche is available for children at both 100 & 122 Aberdeen St. Bookings Essential.*

## FEES AND CHARGES

Rural women can access telephone advice, counselling and support through the toll free number:

**1800 998 399**

or for drug and alcohol issues:

**1800 246 655**

**\$10** *One-to-one sessions with nurse practitioners per session*

**\$10** *Pregnancy testing*

Medicare charges may apply. Bulk billing provided for Pension Card or Healthcare Card holders.

**Womens Health Services has a policy of mutual respect**

**Interpreting Services can be arranged for clients attending appointments at WHS**

**100** Aberdeen Street Northbridge WA 6003

**Phone: (08) 9227 8122**

**Tollfree: 1800 998 399**

**Fax: (08) 9227 6615**

### SERVICES INCLUDE:

- Medical & Clinical Services • Clinical Advice, Counselling & Support • Counselling • Adjusting to Baby & Change • Community Development
- Domestic Violence Advocacy Support Central • Multicultural Women's Advocacy Service
- Mental Health Community Outreach Program • Womens Legal Referral Service

**122** Aberdeen Street Northbridge WA 6003

**Phone: (08) 9227 9032**

**Tollfree: 1800 246 655**

**Fax: (08) 9227 5860**

### SERVICES INCLUDE:

- Drug and Alcohol Program
- The Aboriginal Grandparents Family Support Program
- PEPISU

*Email: [info@whs.org.au](mailto:info@whs.org.au) Web: [www.whs.org.au](http://www.whs.org.au)*

WOMENS HEALTH CARE ASSOCIATION INC  
ABN 81 007 269 571

(THE CLOSEST BLUE CAT STOP TO WHS IS NUMBER 11)

# WOMENS HEALTH SERVICES

*Clinical Services, Education, Information and Counselling for Women by Women*

“...creating opportunities for **women** to improve their own, their **families** & their communities health & well-being ”

### *Individual counselling sessions:*

**\$40** *for women working full time*

**\$20** *for women working part-time*

**\$10** *for women who do not work or have a concession card*

*All fees can be negotiated. Some programs are free. Appointments are essential.*



## MEDICAL & CLINICAL SERVICES:

Clinical staff provide consultations, women's health information, advice, counselling, support and treatment for a broad range of women's health issues. The medical and clinical services are staffed by experienced women doctors and nurses who have specialised in women's health. Clinical staff can also provide community talks by arrangement.

**Clinical Telephone Services** provides information, counselling and support services that are confidential.

## COUNSELLING:

Women's Health Services provides a professional counselling service for women over the age of eighteen. Counselling is short term and available for such issues as depression, anxiety, panic attacks, relationships and past trauma.

**CAHPP** is a special program for women who have experienced trauma during consultation with a health professional. This is a free service.

## ADJUSTING TO BABY & CHANGE PROGRAM:

The **Adjusting to Baby and Change** program offers therapeutic and support services to women diagnosed with, or at risk of, postnatal depression and anxiety. Services available include telephone information and support, assessment, counselling, a therapeutic group program, information sessions for partners and other support people and childcare for individual and group sessions. ABC is a group-focussed program which teaches skills and behaviours aimed at reducing the symptoms of postnatal depression and anxiety, and assisting recovery. Women are welcome to self refer or may be referred by their health professional.

## VOLUNTEER PROGRAM:

**Volunteers** are an important resource and an integral part of Women's Health Services. Our volunteers are interested individuals who choose to contribute their time and talents to enhance the efforts of our professional and administrative staff. If you are thinking about becoming a volunteer, please see our website [www.whs.org.au](http://www.whs.org.au) or ring 9227 8122.

## WOMEN'S LEGAL REFERRAL SERVICE:

The **Women's Legal Referral Service** assists women who are survivors of domestic violence to seek a property settlement. These women have either been forced to leave the family home to live with friends or relatives, are living in the home with their husband/partner in intolerable circumstances or have been forced to move into a refuge.

## DOMESTIC VIOLENCE SERVICES:

WHS has two advocacy services providing support to victims of domestic violence.

### THE MULTICULTURAL WOMEN'S ADVOCACY SERVICE (MWAS):

**MWAS** promotes the safety of women, with or without children, from culturally and linguistically diverse backgrounds who have experienced or are at risk of domestic violence. Women may be in crisis situations, in refuges, still remaining in their relationships or re-establishing themselves in the community after leaving refuges. Currently the outreach service operates from Northbridge, Mirrabooka, Gosnells, Fremantle and Mandurah.

### DOMESTIC VIOLENCE ADVOCACY SUPPORT CENTRAL (DVAS CENTRAL):

**DVAS Central** is a free service which helps victims of domestic violence to access support. People can discuss their options in a safe and friendly environment. Staff can provide assistance in applying for a restraining order, obtaining support and getting advice from Legal Aid and referrals to other agencies including counselling. DVAS is located in the city close to Perth train station.

### MENTAL HEALTH COMMUNITY OUTREACH PROGRAM (MHCOP):

**MHCOP** supports women who have a mental illness and are caring for children. Services include individual assessment and ongoing support planning, a variety of group activities including peer support, psychosocial support, recreation and children's activities. There is a continuity of care for women while they need it to help reduce isolation, create supportive networks, enhance personal coping strategies and provide support in their parenting role.

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.....

## DRUG AND ALCOHOL PROGRAM (DAP)

The **Drug and Alcohol program** is staffed by professionally trained counsellors and provides services for women who are either directly or indirectly affected by alcohol and/or other substances, and their families. In addition to one on one counselling, DAP now also offers couples therapy and family therapy which may assist clients in exploring and addressing the range of issues contributing to substance use and provides an opportunity for positive change to occur. Psycho-educational and expressive therapeutic group opportunities that focus on a range of issues including relationship development, life coping skills, psychological wellness and self-esteem are also available.

\*All services are provided within the context of a supportive and safe environment\*

## PEPISU MUMS AND CHILDRENS PROGRAM:

**PEPISU** provides counselling, information, outreach, group activities and referral for women who are pregnant and/or parenting and have substance use issues. This is a free service.

## THE ABORIGINAL GRANDPARENT FAMILY SUPPORT PROGRAM:

This program aims to support and strengthen Aboriginal grandparents and their families through the generations. The program provides information, advocacy and referral as well as group activities, respite camps and peer support groups.

## COMMUNITY DEVELOPMENT & EDUCATION:

WHS offers a variety of talks and workshops for women in the community.

Staff at WHS are happy to visit groups in the community to give talks on a wide range of issues. We can provide this service for rural groups by special arrangement or through our Telehealth program.

## PHYSICAL ACTIVITY

WHS provides a range of low cost physical activity opportunities for women in the community. Activities range from walking groups, bike workshops, gentle exercise classes and various “come & try” activities.