



“Hope is being able to see that there is light despite all of the darkness.”

DESMOND TUTU

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pathwayssouthwest.org.au

pathways
southwest

Towards better mental health



LINKING INTO LIFE

Pathways SouthWest links people to other people and to services, which help them to be independent in their lives. Pathways has existing agreements with many of these services to make 'linking' a smooth experience.

HOW TO CONTACT AND SEEK ASSISTANCE

By just making a phone call, sending an email or having a professional complete a referral form, anyone can be referred for an assessment to Pathways SouthWest.

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MENTAL HEALTH

Sharing the journey
of recovery



Pathways SouthWest is a flexible, responsive not-for-profit organisation, providing services and support to those who are suffering from the effects of mental illness, or those who need support and services because they care for someone who is affected by mental illness.



OUR PROGRAMS

Recovery

The 'Recovery Program' commences with a face to face assessment, allowing a care plan to be written. This encompasses all aspects of a person's life, including their dreams and goals for the future. To fulfill the plan recovery staff are allocated to a person to ensure their needs are met, whether that be education, shopping, counselling, training for employment, health, socialising or just being there when needed.

Family and Carer

In the mental health sector carers are the people who are often forgotten. Providing support, counselling and advice in times of crisis, this service covers many areas in the South West, the Great Southern including Katanning, Kojonup. A one on one session with an experienced counselor is available, to explore the carers own needs and address the pressures carers often experience. They can meet with other carers in activity groups (e.g. 'share and care' and engage in 'me time') helping them discover that they are not alone. Carers also learn about mental illness in order to better care for their loved ones. An assessment is available for Carers and a plan can be developed with them.

Supported Housing

Pathways SouthWest is a registered, Department of Housing provider and maintains a number of houses dedicated to those suffering mental ill health. Pathways Southwest is a benevolent landlord for its tenants, reducing many of the tensions created by difficulties in finding accommodation and maintaining properties in good order.

PATHWAYS GROUPS

Pathways SouthWest underpins both individual and group work service delivery with a client centred approach. This is done through a therapeutic climate where caring and accepting relationships promote meaningful change in service users' lives.



Shifting Gears: An informal social activity available weekly, where those suffering the effects of mental illness can mix, play cards, engage in artwork, and social interactions.

Wellways: a suite of group activities conducted over a number of weeks. 'Building a Future' and 'Duo' programs are for carers, while 'MI-RECOVERY' is a program for those suffering mental illness.

Partners in Depression: For carers and those suffering depression.

Indigenous programs: A number of our programs are particularly tailored for indigenous people.

Pool and Snooker: Conducted fortnightly, this informal, daytime activity is for those suffering mental illness.

Sail into Life: Provided by Leschenault Rotary & Enable SouthWest, individuals from support agencies experience and learn sailing skills (in the summer months).

Gym: An afternoon in the gym for all service users including consumers and carers. A fee applies. Other agency involvement welcomed.



Soccer: A weekly program conducted by Milligan House and a number of agencies are involved.

Art Therapy: A new creative program offering activities shown to have beneficial effects on those suffering from mental illness.

Reflexology: Conducted monthly for all service users, experienced reflexologists provide this service.



Fishing: A relaxing activity for those who enjoy the outdoors.

Gardening: Held at Thommo's Community Garden, this healthy activity provides many benefits for consumers: enjoyment from exercise improving endurance, strength, mobility and flexibility, meeting people, socialising, relaxation reducing stress levels. A calming and restful experience.