

HOW TO CONTACT AND SEEK ASSISTANCE

pathways
southwest

Towards better mental health



Referrals are required for the following programs;

- Recovery Program
- Supported Housing Program
- Pathways SouthWest Clubhouse

Family and Carer Program **do not** require a referral.

Contact us by 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.

Pathways SouthWest
Services & Programs



pathwaysouthwest.org.au

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Pathways SouthWest is an independent community based mental health service located in the SouthWest of Western Australia.

We provide support, education and advocacy to people with lived or living experience of mental health challenges, their families and carers in our region.

We support our local communities to embrace the concept of mental health wellbeing via community consultation, education and advocacy.

Pathways SouthWest demonstrates cultural safety, financial responsibility and good governance in all its operations.

Pathways SouthWest operates service delivery that complies with the requirements of the National Standards for Mental Health Services and we are accredited by HDDA.

Pathways SouthWest is not a crisis service.

If there is an immediate risk to yourself or others please call 000.

If you are feeling suicidal, or want to support someone who is, talk to a crisis counsellor now;

- Lifeline 13 11 14
- Beyond Blue 1300 224 636
- Suicide Call Back 1300 659 467

For non emergency police 13 14 44.

OUR SERVICES

Recovery Program

The Recovery Program commences with a face to face assessment, allowing a recovery plan to be written. This encompasses all aspects of a persons life, including their dreams and goals for the future.

Family and Carer Program

In the mental health sector carers are people who are often forgotten. Providing support and advice in times of stress, this service covers many areas of the South West. We explore the carers own needs and address the pressures carers often experience. They can meet with other carers in support groups helping them discover that they are not alone. Carers also learn about mental illness in order to better care for their loved ones and themselves.

Supported Housing Program

Pathways SouthWest is a community housing provider and maintains a number of houses dedicated to people living with mental health challenges. Pathways SouthWest is a benevolent landlord for our tenants, reducing many of the tensions created by difficulties in finding accommodation and maintaining properties in good order.

Pathways SouthWest Clubhouse

We believe that the peaceful surrounds of our Clubhouse at Turkey Point provides a unique opportunity for provision of a restorative mental health service and social connection with a number of activities available.

Psychoeducational Programs

We have a range of psychoeducational programs available for both carers and people living with mental health challenges.

