



South Metropolitan Health Service
Mental Health Commission



Supported by
WA Primary
Health Alliance



Peel Mental Health newsletter

An initiative of the Peel Mental Health Taskforce

**Welcome to the first edition of the
Peel Mental Health newsletter!**

The Peel Mental Health Taskforce

The Peel Mental Health Taskforce (PMHT) was formed in August 2021 to bring a focus to mental health service delivery for people living in **Mandurah, Murray and Waroona** (Peel Health District).

The taskforce brings together over 100 people from 40 organisations in the region. This means that people with mental health lived experience, service providers and funding bodies are all actively involved in creating solutions to improve mental health service delivery in Peel.

South Metropolitan Health Service, Mental Health Commission and WA Primary Health Alliance have pledged resources to jointly fund the project.



Above images: Visit Mandurah and Russell Ord Photography

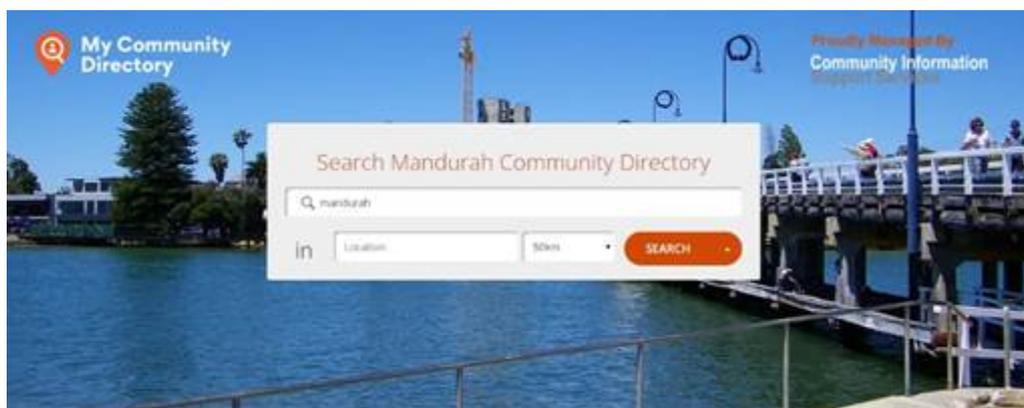
Focus areas

Young people aged 12-25 years have been chosen as an initial focus area for the taskforce.

We have been working with local service providers to understand how young people access mental health services. Through this process, we have become aware of a number of opportunities for improvement in mental health service delivery in the region, from low level support through to crisis and emergency care.

Community Directory

Service providers have told us that finding the right services is difficult for consumers. To address this, we are working with My Community Directory to create a directory of local mental health and alcohol and other drug (AOD) services. An up-to-date, printable, PDF directory of services in the area will soon be available. In the meantime you can access [My Community Directory](#) to see if your organisation, or the services who support you are listed. If your service is not listed, you can suggest a listing [here](#), or contact us at PeelMHTaskforce@health.wa.gov.au to let us know. Watch this space for more updates!



COVID-19

With widespread community transmission of COVID-19 in Western Australia, we wish to acknowledge the challenges that our community is facing. It is now more important than ever that we look after ourselves and those around us and continue to stay up-to-date with the [latest advice](#). If you have any questions or concerns around COVID-19, you can visit [Healthy WA](#) or call 13COVID (13 26843).

If COVID-19 is affecting your mental health there is support available. Call Lifeline (13 11 14) or 13YARN (13 92 76), visit [Think Mental Health](#) or [This Way Up](#).

Peel Mental Health service updates

Next Step

Next Step Drug and Alcohol Services have expanded to Peel Health Campus, providing a medical and nursing AOD consultation and liaison service. Next Step and Peel Health Campus emergency and hospital staff will work together to support patients in the hospital setting with AOD needs and to access ongoing AOD treatment services in the community.

For more information please call the South Metro Community Alcohol and Drug Service on 9581 4010.

StandBy Support After Suicide

In WA, Anglicare are now providing StandBy Support After Suicide to support people and communities bereaved or affected by suicide loss. StandBy is a free service, offered at a time and place that best suits those needing support. Support or information can be requested 24 hours, 7 days a week by contacting StandBy on 1300 727 247. Visit [StandBy](#) for more information.



Did you know?

Choyces (formerly Peel Youth Services)

Peel Youth Services have changed their name and are now known as **Choyces** (Children and Youth Community Services). Choyces offers support for kids, teens, young mums and their children. Choyces is still located at 432 Lakes Road, Greenfields and can be contacted on 9581 3365 or admin@choyces.org.au. Visit [Choyces](#) for more information.

Money Mentors (formerly Finucare)

At the start of 2022 Finucare changed their name and is now known as **Money Mentors**.

Money Mentors is now co-located with Peel Community Legal Service at 61B Pinjarra Road, Mandurah. You can contact Money Mentors on 9581 1281 or visit [Money Mentors](#).

New online and digital services

[Here for You](#)

Here For You is a state-wide, confidential, non-judgemental telephone service for anyone concerned about their own or another person's alcohol and other drug use and/or mental health issues. Here For You is staffed by qualified counsellors and professional peer practitioners who can provide support. Here For You operates from 7am-10pm, 7 days a week and can be contacted on 1800here4u (1800 437 348), or visit [Here for You](#) for more information.

[13YARN](#)

13YARN is a national crisis support line for Aboriginal and Torres Strait Islander people who are feeling overwhelmed or having difficulty coping. 13YARN is created, led, and staffed by Aboriginal and Torres Strait Islander people. 13YARN staff will listen, without judgement or shame.

If you, or someone you know, needs support you can call 13YARN on 13 92 76, 24 hours, 7 days a week. Visit [13YARN](#) for more information.



[This Way Up](#)

This Way Up is an online service that provides a range of mental health support programs. You can access programs for free with a GP referral, or access a program straight away for \$59. Visit [This Way Up](#) to find out more.

[Friend in Need App](#)

Developed by Anglicare WA and supported by Lotterywest, the Friend in Need App has everything you need to help a friend going through a tough time:

- Learn tips to have a good conversation when things get tricky
 - Learn about what you can do to help when life happens and what professional help is available
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- No matter what the Life event the App provides you with the ‘need to know’ information so you can understand what it feels like, know what questions might be useful and get ideas about practical things you can do to lighten the load.

Visit [Friend in Need](#) to learn more.

FYI – Youth Reach South

Youth Reach South (YRS) is a specialist mental health service providing counselling, therapy and case management to young people aged 13-24 years in the south metropolitan area with serious mental health problems and barriers to accessing mainstream services. Barriers typically include homelessness, limited support networks, cultural barriers, and marginalisation due to diverse sexuality or gender.

The governance of YRS will be transferred from North Metropolitan Health Service (NMHS) to South Metropolitan Health Service (SMHS) as of **1 July 2022**. There will be no changes to YRS services, processes or acceptance criteria, including the current triage and entry processes that exist between YRS, YouthLink and Youth Axis. Referrals and inquiries can be made by phone to 1300 362 569, Monday to Friday 8:30am to 4:30pm.

Mental Health Week 2022

Theme announced!

The theme for Mental Health Week 2022 is **Where we live. How we live. What we’ve lived.** Mental Health Week will take place from 8-15 October. Visit [Mental Health Week](#) to find out more.



PMHT member organisations

The PMHT consists of representation from:

- Child and Adolescent Mental Health Services
 - Department of Communities
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- Department of Education
- Mental Health Commission
- Peel Development Commission
- Ramsay Health Care (Peel Health Campus)
- South Metropolitan Health Services
- WA Primary Health Alliance
- WA Police

The PMHT is also informed by three subgroups, representing

- Local services and stakeholders
- Aboriginal mental health
- Consumers and carers

The Peel Mental Health Taskforce: improving the coordination of mental health service delivery in the Peel region.

To let us know about service updates in Peel, send an email to PeelMHTaskforce@health.wa.gov.au

To unsubscribe simply reply with 'unsubscribe' in the subject line.