

Mental Health and Counselling

Caring for a child with a disability or chronic health condition can be challenging. It is important to be mindful of your own mental health, that of your partner and other children and access support and/or counselling when necessary.

There are a number of **free** or **low-cost** counselling services available for carers:

	<p>Carers Australia WA Carers WA have a dedicated counselling line, offering phone, skype, email and face-to-face counselling.</p> <p>e: chat@carerswa.asn.au t: 1300 227 377</p>
	<p>Anglicare WA Anglicare offer free, face-to-face family relationship counselling for carers, available from eight centres throughout Western Australia.</p> <p>e: info@anglicarewa.org.au t: 1300 114 446</p>
   	<p>University Counselling Most universities offer services provided by students but carefully supervised by a qualified clinical psychologist at highly discounted rates.</p> <p>Caladenia Counselling Murdoch University e: caladeniacounsel@murdoch.edu.au t: (08) 9360 7848</p> <p>Curtin Child and Adolescent Psychology Clinic e: curtinclinics404@curtin.edu.au t: (08) 9266 1717</p> <p>Robyn Winkler Clinic, University of Western Australia e: clinic-sps@uwa.edu.au t: (08) 6488 2644</p> <p>ECU Psychology Services Centre e: psychologicalservices@ecu.edu.au t: (08) 9303 7801</p>
	<p>Beyond Blue Beyond Blue also offer short term/emergency counselling via phone, online or email with a trained mental health professional.</p> <p>t: 1300 224 636 w: www.beyondblue.org.au</p>



BETTER ACCESS TO MENTAL HEALTH CARE PLAN

If you feel that you or another member of your family would benefit from support or counselling, it's a good idea to speak with your General Practitioner (GP) about a 'Better Access to Mental Health Care Plan'.

If eligible, this Plan will provide up to 10 individual and 10 group sessions with a psychologist, mental healthcare social worker or some occupational therapists. A Medicare rebate for these sessions is applicable, however, there is usually a gap fee. Your GP can also refer you to a psychiatrist where necessary.

REDUCING ISOLATION

Joining an on-line or in-person peer support group is a good way to help reduce feelings of isolation.

Kalparrin hosts Western Australia's largest, non-diagnosis-specific, online peer support group. It is also useful to join a support group specific to your child's condition. Having others with whom to share your experiences and gather valuable insight will help you to understand that you are not alone on this journey.

For more information, contact one of our friendly Family Support Officers, all of whom have personal experience of raising a child with additional needs.



Family Resource Centre

(Open 9.30am - 4.30pm, Monday to Friday)
Ground Floor, Perth Children's Hospital
15 Hospital Avenue, Nedlands WA 6009

t Phone: (08) 6456 0035

e kalparrinwa@health.wa.gov.au

w www.kalparrin.org.au



Kalparrin is a not-for-profit organisation and Western Australia's oldest and largest member organisation, supporting parents caring for children with a disability, developmental delay, genetic, chronic medical or health condition.

Kalparrin is endorsed as a deductible gift recipient (DGR) under item 1 of the Income Tax Assessment Act 1997.

BECOME A MEMBER

Membership to Kalparrin is FREE and provides parents with access to a vast array of information, resources, opportunities and inclusive, family events as well as connection to a community of thousands of other parents supporting children with additional needs.

JOIN NOW

