

Services Directory

Wheatbelt Mental Health Service

Wheatbelt Mental Health Service provides free, confidential, quality, community mental health care to people of all ages in Coastal and Wheatbelt communities.

The Wheatbelt Mental Health Service is a team of Mental Health Professionals including Consultant Psychiatrists, Clinical Psychologists, Social Workers, Child and Adolescent Professionals, Community Mental Health Nurses and Aboriginal Mental Health Workers. This service provides comprehensive assessment and treatment for people with mental health problems. The service can provide training and support to other organisations and professionals.

Locally based, multi-disciplinary teams are located in Northam, Gingin, Merredin and Narrogin. Regular visits are made to outlying areas within the region to meet community needs. Outreach is supported by telephone consultation and videoconferencing. Clinical liaison is provided to hospitals within the region.

Clinical Programs include:

- ◆ Aboriginal Mental Health Program (All ages)
- ◆ Adult Mental Health Program (18-65 years)
- ◆ Child and Adolescent Mental Health Program (0-18 years)
- ◆ Seniors Mental Health Program (65+ years)
- ◆ Youth Mental Health Program (15-24 years)

For information and Assistance:

Call the Mental Health ACCESS Team on **9621 0999**.

All services are available Monday - Friday, 8.30am - 4.30pm excluding public holidays.

FOR AFTER HOURS SERVICE ring Rurallink on **1800-552-002**.

Psychiatric Liaison Nurse after hours support

The Psychiatric Liaison Nurse is located at the Northam Hospital Emergency Department and provides support to all Wheatbelt Emergency Departments via Telehealth and video conference. The Psychiatric Liaison Nurse is available late afternoon and evenings.

Amity Health

Amity Health provide integrated primary mental health care. Referrals are accepted from:

- ◆ GPs and other allied health professionals.
- ◆ Self or family referral. Please call **9842 2797**.

All referrals will be triaged for appropriateness at Amity Health and then forwarded to location specific clinicians. We will have small clinical teams in towns throughout both regions with our goal to have a more widespread service model that is not centred in only one major regional town.

Wheatbelt services are available in Northam, Merredin, Narrogin, Moora, Coastal Wheatbelt.

The Stepped Care Model is not a one size fits all approach so clients will be able to move through the system both ways having access to services delivered in a number of different ways.

Service options include:

- ◆ Brief focused intervention - Face to Face or telehealth if client is in a remote area and Community support.
- ◆ Care management - For those with more chronic and complex problems who require specialised support in a case management style service. The Integrated Care managers will work very closely with GPs and WACHS in managing these clients.

Other contacts

Health and Disability Services Complaints Office (HaDSCO)

Free Call: 1800 813 583 Complaint resolution

Health Consumers Council WA **Free Call: 1800 620 780**

Advocacy and support

Consumers of Mental Health WA (CoMHWA) **Call: 9258 8911**

Voice of mental health consumers

Mental Health Advocacy Service **Free Call: 1800 999 057**



Wheatbelt Mental Health Service

Issue 5

Consumer Advisory Group Newsletter

June 2019

CAG Update

Written by Naomi

The last few weeks have been productive for the CAG, with several extra meetings and training sessions scheduled, to which we had a sizeable turnout.

Diversity is the best it has been in the group, including men, women and transgender people, indigenous people, older citizens, people from other countries, carers and those living with mental illness. Our latest member, Marilyn, has a special interest in child and adolescent mental health, increasing our diversity of knowledge and experience even further.

We are doing some more training into what it means to be an advocate in late June - and some of our members are continuing extra study, such as for the Certificate Four in Mental Health.

We were fortunate to have Wendy Newman from the WACHS Board visit us in June. She stayed for our entire meeting and addressed many of our concerns in a considerate way - basically, she took our consumers seriously and has promised to look into the major issues we have raised. It was most refreshing.

Some of the themes we discussed included: transport for Wheatbelt clients from remote areas to the city, more notice for those of us in regional areas when it comes to including the CAG in meetings and events, increasing the number of beds in regional hospitals, and involving the CAG more in decision making. Wendy acknowledged these concerns and also had some useful suggestions for some of the projects the CAG are currently working on, such as the idea of starting and supporting a Recovery College in the Wheatbelt, modelled on the one that currently exists in Broome.

The CAG recently had a teleconference with the South West and other regional CAGs, and are immersed in planning for the Rural and Remote Conference in Albany later in the year. It looks like we will gain funding to attend, and we hope to be selected to present, as a group, a one hour talk focusing on the Evolution of the Wheatbelt CAG. Individual members have also submitted proposals to do solo talks; it should be an unforgettable event.

An Apple A Day

A Fuji or Granny Smith might keep the doctor away, but new UK studies published in the Social Science and Medicine Journal 2019 have found that apples might lessen your need to see psychiatrists as well... The research has found that increasing our consumption of fruit and vegetables can lead to better overall mental health and wellbeing. A separate New Zealand trial also found that adding two extra serves of fruit and vegetables each day had a marked effect on participants' motivation and vitality.



If You Search For Good You Can Find It

I've been through life's ups and downs,
I've worn a sad face and frown.
Mistakes I've made a many,
Money, well I don't have any.

Happiness is something I've tried to find,
Search for good and my friend you will find.
The wrong path led me astray,
Good will always win the way.

Bad people they come and go,
The good ones stay in your mind so.
Evil should take a back seat in my life,
All they bring is trouble and strife.

So, if you're feeling a little low,
Reach for the phone and dial real slow,
Dial a friend, someone who cares,
They know you well and wish to share.

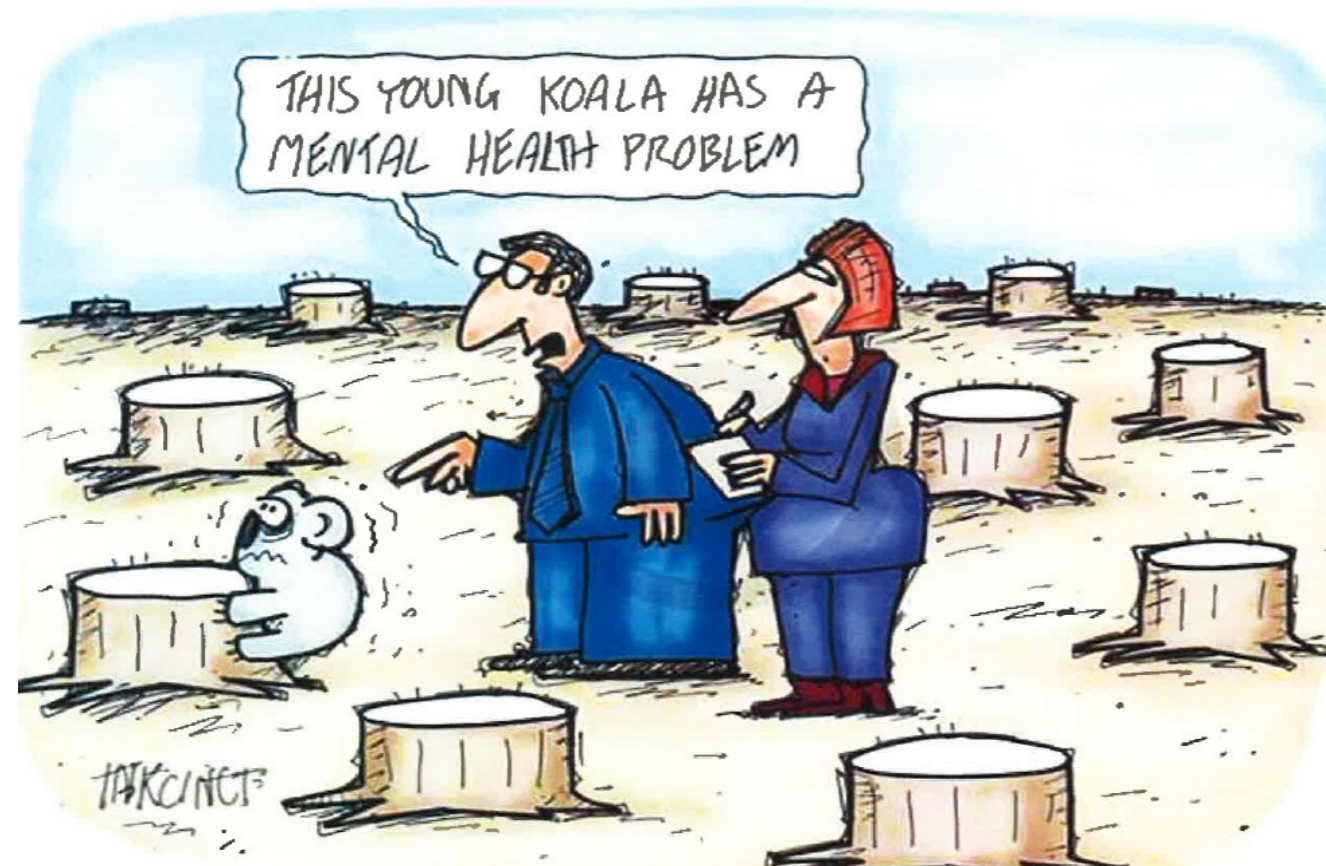
If you search for good you can find it,
There's always someone who will be compliant.
If you search for good you'll feel great,
It's there for you in a world of greed and hate.

Ignore the selfish the ignorant and rude,
Be with those you know, be a bit shrewd.
Turn your back on those who want you down,
Search for good my friend, take care and lose that frown.

Photo by Naomi



Poem by Rodney



Smokers Clinic Now Available

The Wheatbelt Mental Health Service now has a Smokers Clinic available to clients. Please ask reception staff for further information.

Chemicals in cigarettes change the way some medications work. See your doctor before quitting if you are taking any medication.

If you are suffering from depression, anxiety or another mental illness, it is best to see your doctor for advice before quitting.

With the right support, many people with mental illness have quit, and they generally feel a lot better, not just physically, but also emotionally.

The day you quit smoking your body starts to recover.

Within:

20 minutes blood pressure and pulse rate drop to normal.

4 hours breath becomes fresher.

8 hours levels of the toxic gas carbon monoxide in blood drops to normal.

12 hours almost all of the nicotine is out of your system.

24 hours chance of heart attack begins to decrease.

48 hours sense of smell and taste improves.

1 week your lungs become better at eliminating tobacco toxins from your lungs.

1 month circulation improves, walking becomes easier.

3 months tobacco stains on your fingers begin to fade.

15 years risk of heart attack and stroke is almost the same as that of a non-smoker.

**Quitline 13 7848
(13 QUIT)**

Down and Out

When I'm feeling down and out
Like no one can help
I try and train my brain
To stay on track

It's not always easy
To try and please me
Instead of everyone else
And think about my mental health

Don't forget about you
Whatever you do
It's not always about others
With all of their bothers

When you're down and out
Take some time out
Try and put your feet up
When you've had enough

Poem by Cherie

**THEY MAY NOT BE AVOIDING YOU.
THEY MAY JUST BE:**

- 1. Distracted by a sudden life change**
- 2. Working hard to make ends meet or to make sense of their situation**
- 3. Too worn out to socialize**
- 4. Dealing with personal pain or illness**
- 5. Tired of having to pretend to be okay around you when they're really doing all they can to survive.**

Don't make snap judgments. You just never know. Hart Ramsey

Engulfed in a Life of Pain

Poem by Declan

Engulfed in a life of pain
The feelings of nothing being the same
Where has my life gone?
Where the f*** did I go wrong?
A family that loved and cared
Has gone because of my stupid ways
A little boy who I adore
I am able to see no more
My heart breaks as the years go by
Why can't I see him why oh why?

I have an addiction I have to beat
Hopefully one day my life will be complete
Pain from my childhood keeps re-occurring
Wishing it would go away
I know it won't cause it's here to stay
The only way the pain subsides
Is when I put a needle in my arm
It's only then I think of nothing else
But as we all know it only masks the pain
There has to be another way for this to end
I just hope I can find it before it's too late

My life is at a cross roads not knowing which way to turn
When I get there I can't wait to learn
The aches, pains and cramps as I come down
Make me angry and want another round
My house is gone
My friends have gone
I need to find out where I belong
When I get there I hope it is what I am looking for



Photo by Claire



Depression

Depression is a common experience. While many people will recognise the feeling resulting from negative or sad events in their lives, such as stress, misunderstandings in a marriage, a friend rejecting us, the death of a family member or pet, or a breakup. And sometimes people can feel a bit 'down' for no reason at all.

However, depression can become an illness when your mood state becomes severe, lasts for two weeks or more, and starts to impact on your life and ability to function properly at home or at work.

To detect a depressed mood, clinicians look for the following signs; lowered self esteem or self worth, poor concentration and memory, reduced pain tolerance, a change in sleep patterns, (insomnia or broken sleep, or sleeping too much) changes in appetite or weight, (either not eating or experiencing increased appetite), reduced motivation and energy, a feeling of pointlessness and apathy and a reduced capacity to experience pleasure.

According to the Black Dog Institute, there are now four recognised broadly different types of depression, each with their own features and causes. Types of depression include melancholic, non-melancholic, psychotic and atypical. For each type there are likely to be different mixes of causes. Physical and biological factors are more relevant to psychotic and non-melancholy states, while non melancholic depression, by contrast, is brought about by stressful life events and involves the role of personality - your genetic disposition.

Famous world leaders and public figures, among many, who have all lived with varying degrees of depression are JK Rowling - author, Buzz Aldrin - astronaut, Geoff Gallop - politician and former WA Premier, Sheryl Crow - musician, Steven Fry - comedian/actor/writer, Pat Cash - tennis champion, Woody Allen - film director/writer, Garry McDonald - actor, Ewan McGregor - actor, and Winston Churchill - former British Prime Minister.

Having depression does not stop anyone from leading a normal productive and fulfilling life - and being successful. Being depressed is nothing to be ashamed about!

Article by Naomi

Zucchini Slice Recipe

4 rashers of bacon finely chopped
1 onion chopped
2 zucchini grated
1 cup grated pumpkin
2 cups baby spinach
¾ cup thickened cream
1 cup grated cheese
1 ¼ cup self raising flour
5 eggs lightly whisked
¾ cup milk
¼ cup oil



1. Preheat the oven 180 C.
2. Sauté bacon and onion till onion soft.
3. Put the sautéed bacon and onion in the bowl and cool.
4. Add zucchini, pumpkin, baby spinach, flour, milk, cream, ¾ of the grated cheese, egg and oil. Stir to combine.
5. Pour into the baking dish that lined with baking paper. Smooth the surface Sprinkle with the remaining grated cheese.
6. Bake for 40 minutes.
7. Let cool and cut into pieces.

Recipe from Lya

The Blue Tree Project

RUOK? The Blue Tree Project began in Bruce Rock WA as a message to his dad from his son Jayden about his mental health.

Its meaning has come to mean more, to remind people to check in with a loved one, a friend that is having a rough time or a mate having a blue day. It represents the suicides of many people who felt overwhelmed and ignored by the society we live in.

My friends and I heard about the project and it resonated within us. As we talked, we found that all of us had lost people we cared about and loved very much and that none of us had seen it coming. The stigma of mental illness stopped the conversation of getting help when it was needed. The Blue Tree Project encourages awareness and a safe forum to talk.

We decided to paint our blue tree on Karen's farm *Swanhill* on Jenapullin Road as she already has other art installations on her property and is an avid supporter of many community projects. The painting team started off with myself (Claire), Karen, Jan and Bev. Jilly added to it and Debbie, Peter, and others have contributed.

It is a great initiative to get people talking about mental health and particularly the sadness associated with suicide.

You can see more blue trees on Facebook under 'The Blue Tree Project'. **Article and photo by Claire**



CAG Training



The Wheatbelt Mental Health Consumer Advisory Group have been busy with a variety of training workshops in 2019. In January the group completed Consumer Representative Training and learnt about advocacy, consumer representative roles, committee skills and recovery rights. In February CAG members gained skills to help shape and share their recovery story in a safe and effective way during Intentional Storytelling Training. CAG Health Check Training in March allowed the group to celebrate their achievements, identify how they are making a difference, increase CAG visibility and look at the structure of the advisory group.

The CAG were fortunate to attend a free Medicines and Me Workshop facilitated by Consumers of Mental Health WA at the start of July. The workshop explored using a simple questionnaire to communicate effectively about mental health medication side-effects.

In August the CAG will be attending safeTALK Training in suicide alertness.

**Article by
Denise**

