



Service Description

Pilbara

Name of Organisation:

Mental Health Carers Arafmi (WA) Inc. trading as HelpingMinds

Website (link):

www.helpingminds.org.au

Areas Covered:

- Town of Port Hedland
- City of Karratha

Support Clusters:

2. **Daily living** support will help you to live on your own and be part of the community. It can also help you learn skills in personal care, communication, shopping, cooking and cleaning. This support can be used to get help with transport and teach family and carers how to support you.
4. **Wellbeing** support will help you to find a job or do community activities.
5. **Having a break** can help you to do things you enjoy and have a good relationship with your family and friends. You can get help to give your carer a break, go to activities or go to respite care in your own home or somewhere else.
6. **Support Planning** will help you if things in your life change. Support can be used when something happens that you did not know would happen, when there are many things to manage that you need help with and to plan during these times. Support can also be used by your main service provider to manage 3 or more of your services.

For the above cluster(s), HelpingMinds is able to offer

- Services to individuals with psycho-social disability
- Shared Management

HelpingMinds service description:

HelpingMinds has delivered services for over 41 years as a not for profit charity in Western Australia.

We have a professional and compassionate team of staff who provide quality, confidential support and services to children, youth, adults and families who are caring for someone with mental illness or individuals who are affected by a mental illness.

HelpingMinds offers:

- Carer Education – an 8 week, online, facilitated education and skill development program for carers; to support the whole family's mental health recovery.
- Young Carer Camps – Includes skill and confidence development and training.
- Peer support – a worker with lived experience of psychosocial issues will assist the participant with social and community engagement, in home or out of home.
- Carer Support – online, one on one, carer education delivered by counsellors.
- Mentoring – a professional mentor will work with the participant to achieve goals.
- Respite House – Self-catering accommodation that sleeps up to 7 people.
- Recreation – individual or group activities such as walking, gym and swim to develop confidence, skills and provide an opportunity to socialize.
- Episodic Mentor Support – A mentor will work with the participant on a short-term basis during periods of crisis.

Contact details:

Primary contact person	Eimear Teague	Secondary contact person	Julie McChesney
Title	Team Leader Individualised Services	Title	Head of Client Services
Areas covered	Town of Port Hedland City of Karratha	Areas covered	Town of Port Hedland City of Karratha
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