



Counselling Services

IN RESIDENTIAL AGED CARE FACILITIES



In the Mid-West region, Amity Health provide in-person counselling to residents of the following Residential Aged Care Facilities:

- Nazareth House
- Juniper Hillcrest
- Opal Geraldton,

For those who experience low to moderate mental health challenges including depression, anxiety, past trauma, grief and life transitions.

Healthy communities, healthy people.

What is the eligibility criteria?

- you must be a resident of one of the Residential Aged Care Facilities mentioned on the front of this flyer
- you are at risk of developing a mild to moderate mental health illness, or have a diagnosed mental health illness, with mild to moderate symptoms
- you are not currently receiving or eligible for, the Government Older Persons Mental Health Service
- you would benefit from counselling.

What mental health illness does this counselling **exclude**?

dementia, delerium, personality disorders, complex post-traumatic stress disorder, intellectual disability, crisis care.

What are the appointment options?

Assessments and appointments are offered in-person at the residential aged care facility and are free of charge.

How can I find out more?

We suggest you speak with the RACF team, or your GP to talk about how you're feeling and if Amity Health counselling may be an option for you.

Amity Health is a not-for-profit organisation providing primary health services and programs throughout regional and rural Western Australia.



Amity Health acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN,