



St John of God Health Care is a not-for-profit, Catholic health care organisation with hospitals and other health services in WA, Victoria and NSW. In developing St John of God Counselling Centre, SJGHC is supported by:



St John of God Counselling Centre is situated in the west end of Fremantle, within walking distance of the train and bus and on the Cat bus route, stop 24.



ST JOHN OF GOD COUNSELLING CENTRE



St John of God Counselling Centre
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Background design from a painting by artist, Shane Pickett.



Primary care mental health service

Providing short-term therapy, information and support for people experiencing mental health problems and mental disorder, together with their families and others who care.

Mental disorders are common.

It is estimated that at any one time up to 20% of adults and 10-15% of children are likely to be experiencing some form of mental disorder. Mental disorder can have a significant negative effect on people's functioning in, and enjoyment of, everyday life.

St John of God Counselling Centre has been established to provide services, support and education to people with high prevalence mental disorders – predominantly depression and anxiety disorders – and their families.

St John of God Counselling Centre's Guiding Principles

The Counselling Centre:

- Is guided by the five core values of St John of God Health Care, which are: *Hospitality, Compassion, Respect, Justice and Excellence*
- Supports clients' right to self-determination
- Recognises and respects the unique physical, emotional, social, cultural and spiritual dimensions of each individual
- Seeks to work in partnership with general practitioners and other human service agencies, in the best interests of the client
- Encourages family involvement and access to information
- Fosters the ability to use psychological distress as a developmental process, so that it does not hinder or impair further development.

What services does the Counselling Centre provide?

- Counselling and other forms of therapy for people with mental health problems
- Group therapy and education programs
- Psychoeducation for people with mental health problems and for people who have family or friends with mental health difficulties
- Assistance for people who would like to work through self-help programs for mental health problems, and would benefit from support to do this

Therapy at St John of God Counselling Centre is short-term, usually for up to three months.

The Centre does not provide a crisis or emergency service.

Who can use the services of the Counselling Centre?

The Centre is open to people in the Fremantle area who:

- are experiencing mental disorder
- are family members/carers of someone with mental disorder

The Centre does not provide services to people eligible for assistance through public sector mental health services.

Who provides the services?

Mental health assessment and counselling is provided by health professionals with university degree qualifications. The Centre's team includes a General Practitioner and a Consultant Psychiatrist.

Senior students in human services, including from Notre Dame University's School of Counselling undertake practicum placements at the Centre.

What does the service cost?

St John of God Counselling Centre charges fees on a sliding scale according to the level of family income.

How do I know if I have a mental health problem?

Everyone has experienced strong feelings of upset, sadness, tension or fear. Sometimes, though, these feelings can become so strong and disturbing that they interfere with daily life, disrupt relationships and prevent enjoyment of leisure time. The person may feel unable to cope with normal life. This may then be termed a mental health problem.

How do I access the Counselling Centre?

People may be referred to St John of God Counselling Centre by their general practitioner or other human service agency, or they may self-refer.

