

## REFERRALS TO COUNSELLING SERVICE

Fremantle Women's Health Centre (FWHC) accepts referrals of women 16 years of age and older. Counsellors will include partners and carers as appropriate. Women can self-refer and referrals are accepted from professionals at community agencies, local government services, state government services and from general practitioners. Women do not have to be referred by a medical practitioner. Referrals can be made by phone or by using FWHC's Counselling Referral Form.

Individual counselling is available for a wide range of issues including depression, anxiety, relationship difficulties, parenting concerns, domestic violence, trauma, bereavement and loss, self-esteem and other emotional issues. Counsellors specialise in perinatal mental health counselling, providing counselling to women experiencing antenatal and postnatal depression, anxiety and stress.

Counsellors also facilitate therapeutic, psycho-educational groups for women experiencing postnatal depression and anxiety: an ongoing weekly postnatal support group at our Fremantle premises and a periodic nine week outreach postnatal support group at different venues in the City of Cockburn area. Crèche facilities are available for both groups.

This is a low cost service for clients with a sliding scale of fees for individual counselling depending on income. The weekly group has a session fee of \$10 that covers group and crèche.

FWHC counsellors are available Monday to Friday 8.30 am to 4.30 pm and can be contacted by ringing 9431 0500 or by emailing [counsellor@fwhc.org.au](mailto:counsellor@fwhc.org.au).