

## IF YOU ARE IN CRISIS

FWhc cannot provide crisis services. If you need urgent care, please call one of the following:

**Emergency** 000  
**Lifeline** 13 11 14  
**Crisis Care** 1800 199 008

**Mental Health Emergency Response Line** 1300 555 788

**For Family and Domestic Violence**  
**1800 RESPECT** 1800 737 732

### For Perinatal Depression and Anxiety

**PANDA** 1300 726 306  
National Help Line

### For General Health

**Health Direct** 1800 022 222  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## VISIT US

Monday – Friday  
8:30am – 4:30pm

114 South Street (corner Edmund Street)  
Fremantle, 6160

To make an appointment, phone during opening hours

**Phone:** 9431 0500  
**Fax:** 9430 7862  
**Email:** [enquiries@fwhc.org.au](mailto:enquiries@fwhc.org.au)  
**Website:** [www.fwhc.org.au](http://www.fwhc.org.au)

## GETTING HERE

We are on bus routes 160, 998 and 999 (to and from Fremantle)

(Bus stops #10474 and #10558 are near our door.)

Parking is available on Edmund Street.



Fremantle Women's Health Centre April, 2022

FWhc acknowledges and thanks funders:



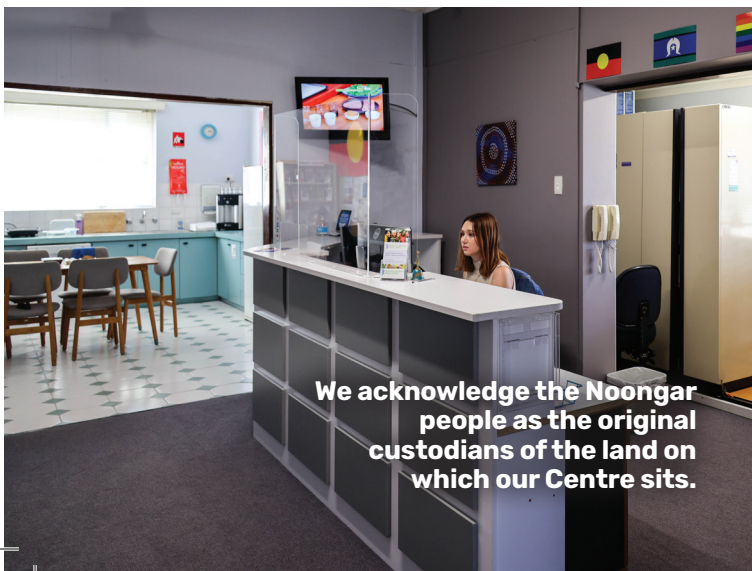
Government of Western Australia  
Mental Health Commission



Government of Western Australia  
North Metropolitan Health Service  
Women and Newborn Health Service



Gender equality and  
good health for women.





## ABOUT US

FWHC is a non-for-profit health centre for women 16 years or older who live or work in the Fremantle, East Fremantle, Melville and Cockburn regions of Perth.

We are committed to providing high-quality health care and resources for women of all ages and cultures.

Our medical and counselling services are inclusive and provided by experienced female health professionals.

FWHC is a warm and welcoming space. We respect your individuality and cultural background.

We extend that welcome to migrant and refugee women, Aboriginal and/or Torres Strait Islands, lesbian, bisexual, transgender and intersex members of the community.

If you are under 18 years, you do not need your parents' or guardians consent to access services at FWHC.

We encourage you to become equal and active partners in your health and wellbeing.

## SERVICES

### Clinical

Our doctors and nurse provide information, advice and treatment on a range of women's health issues, including:

- breast examinations,
- pregnancy,
- contraception,
- antenatal and postnatal care,
- sexual health,
- mental health issues,
- sexually transmitted infections,
- unplanned pregnancy management,
- menstrual problems,
- medical terminations and more.
- cervical screening,
- menopause,

### In addition, our nurses provide:

- well women's health checks
- Cervical cancer screening
- STI screening

FWHC has a height adjustable couch and is standard wheelchair accessible.

### General Counselling

Our counsellors provide a safe, confidential, and non-judgmental place to talk about issues and problems you are facing. We see clients for a range of issues including:

- depression,
- bereavement and loss,
- anxiety,
- trauma,
- stress,
- and relationships.

Short term counselling for up to 10 sessions is available.

### Perinatal Counselling

We provide counselling for women experiencing depression, anxiety, and stress while pregnant and/ or after the birth of a child until the child is 3 years old.

Short term counselling for up to 10 sessions is available.

## COSTS

### Doctor Fees

For current fees please refer to our website [www.fwhc.org.au](http://www.fwhc.org.au)

### Counselling Fees

We have a sliding fee scale for counselling sessions depending on your income.

We can discuss or waive the fees depending on your circumstances



## GROUPS

FHWC has a variety of groups and workshops that support women's health and wellbeing. For more information about what activities and events are current, visit our website or facebook page.

## CRÈCHE

There is a crèche available for some groups and appointments. Please call 9431 0500 for more information and bookings.

## INTERPRETER SERVICE

Please let us know if you need an interpreter when you book your appointment. Interpreters are free. Interpreter services are free and provided by TIS National

