



Support Services for **WA Care Leavers**

Redress WA 1800 617 233



Department for
Communities

Prepared by Redress WA. November 2009



Redress WA connects care leavers with ongoing support

Redress WA is focusing on helping you to identify the support you need and get connected with ongoing, mainstream services in your area while your application for an ex-gratia payment is being assessed.

As a Redress WA applicant or WA care leaver, you can get support by:

- calling Redress WA on Freecall **1800 617 233** (charges apply from mobiles) or **(08) 6217 8720** (standard call charges apply) and speaking with a social worker who can link you into relevant ongoing, mainstream services,
- joining a Redress WA support group (see the information on pages 4 and 5),
- joining a Redress WA healing workshop (see the information on page 6), or
- contacting Connect Groups on free call **1800 195 575** (charges apply from mobiles) or **(08) 9228 4488** (standard call charges apply) and joining one of the 850 existing support groups operating in WA.

The Redress WA social workers are available from 9.00am – 4.30pm, Monday to Friday by phoning Freecall **1800 617 233** or **(08) 6217 8720**. They are happy to talk through any concerns you may have and help you to find the most appropriate support to address your needs.

This may involve linking you in with mainstream individual counselling, registering you to attend a Redress WA group session or healing workshop, or putting you in touch with a relevant support group or therapist/counsellor in your local area.

“To ask for help takes courage and strength, and only you will know what is best for you. If you feel you need some help, please call the Redress WA social workers on 1800 617 233.”

Medicare rebates available for individual counselling

If you would like to undertake individual counselling, your doctor can work with you to develop a Mental Health Care Plan and refer you to a suitable psychologist, psychiatrist or social worker. Medicare rebates can be claimed on these services for up to twelve individual and twelve group sessions per calendar year.

How can I get urgent help?

If you need help urgently, we recommend you:

- Speak to your doctor (GP or psychiatrist),
- Call Lifeline on 13 11 14 (24 hours),
- Call Crisis Care on 9223 1111 or 1800 199 008 (24 hours),
- Call Beyond Blue on 1300 224 636 (24 hours), or
- Call or visit your nearest hospital.

Hundreds join Redress WA Groups

Over 300 Redress WA applicants have already registered to join a Redress WA Group to develop life skills and identify their support needs. The Redress WA Groups allows WA care leavers to support each other and make positive changes in their lives. The following group sessions are free for applicants and WA care leavers:

Region	When	Where
Perth	<ol style="list-style-type: none"> 1. Every Wednesday 10am-12noon 2. Every Wednesday (PM) Time to be confirmed 3. Every Friday (AM) Time to be confirmed 	Edmund Rice Centre 24 High St Fremantle
Central and Lower Great Southern	Group sessions will be starting in first week of December 2009.	Albany, Mt Barker, Gnowangerup, Tambellup, Katanning, Kojonup and Denmark.
Upper Great Southern and South West	Groups will be run based on community demand and are likely to start early in December 2009.	Sessions will be held in towns with the greatest number of people registered.
Port Hedland	Groups will be run based on community demand and are likely to start in February 2010.	Location to be advised.
Pilbara	Groups will be run based on community demand and are likely to start early in February 2010.	Sessions will be held in towns with the greatest number of people registered.

REGISTER NOW

Call Connect Groups on **(08) 9228 4488** or **1800 195 575**, or you can call the organisations listed below directly to register for their group.

By Who	Contact details to register
CBERS	1800 621 805 or (08) 9433 3644 or cbersredress@iinet.net.au
Regional Counselling and Mentoring Services	(08) 9842 9699 Please ask to speak with Willa Farmer, or leave a message and she will call you back. wkfarmer6@bigpond.com
Relationships Australia	(08) 9489 6380 Please ask to speak with Deb, or leave a message and she will call you back.
Relationships Australia	(08) 9489 6380 Please ask to speak with Deb, or leave a message and she will call you back.
ACACIA Support Services	(08) 9172 5022 Please ask to speak with Cecelia, or leave a message and she will call you back.

Free Workshops – ‘Finding Help to Heal’

11 - 12 December 2009

Redress WA is working with ASCA, **Adults Surviving Child Abuse**, to offer care leavers living in Perth the chance to attend one of three, free workshops to help survivors of child abuse identify the support they need to improve their lives.

The workshops are being held at the Subiaco Arts Centre on:

1. Friday, 11 December 2009, from 1.00pm – 4.30pm (includes afternoon tea)
2. Saturday, 12 December 2009, from 9.00am – 12.30pm (includes morning tea)
3. Saturday, 12 December 2009, from 1.00pm – 4.30pm (includes afternoon tea)

The **‘Finding Help to Heal’** workshop is being offered as a trial to assess if WA care leavers are interested in attending psycho-educational workshops and if they find them helpful. The workshops will not involve care leavers sharing their personal stories, but will discuss common feelings and experiences. If they are helpful, Redress WA will look at the possibility of holding more workshops in regional areas and in other capital cities.

Places are limited for the pilot workshops, so call Redress WA on **1800 617 233** or **(08) 6217 8720**, before **Tuesday 8 December** and let us know which workshop you would like to attend.

Should you live outside Perth, or have missed the pilot workshops, you can register your interest for possible future workshops.

Help for Former Child Migrants

The **Child Migrants Trust** is a specialised service for former Child Migrants and their families who want to find out more about their family, or wish to be reunited with a family member.

Former Child Migrants are people who as children were sent to Australia without their parents and placed in state care.

The Trust can help these people to source personal documents such as birth certificates, conduct world-wide family research, provide professional counselling services (including counselling for childhood abuse and trauma, and loss of personal and family identity) prior to reconnecting with family members, and applications for citizenship.

If you are a former Child Migrant, call the **Child Migrants Trust** on **(08) 9472 7582** for more information on how they can help you.



Help for Indigenous Care Leavers

The Australian Federal Government funds the **'Link Up'** and **'Bringing Them Home'** programs for Aboriginal and Torres Strait Islander people.

11 **Link Up** services operate across the country to provide support, guidance and assistance to Aboriginal and Torres Strait Islander people who were removed from their families and communities as a result of past Governments' laws, policies and practices.

Link Up staff work with Aboriginal people to trace, locate and reunite them with their families, and put them in touch with other services they need, including counselling.

There are five *Link Up Services* in Western Australia:

Region	Organisation	Phone
Great Southern & South East Coastal	Great Southern Aboriginal Health Service	(08) 9842 8453
West Kimberley	Kimberley Stolen Generation Aboriginal Corporation	(08) 9193 6502
East Kimberley	Ngnowar Aerwah Aboriginal Corporation	(08) 9161 1496
Perth, South West, Goldfields, Wheatbelt, Midwest & Murchison.	Yorgum Aboriginal Corporation	(08) 9218 9477
Pilbara & Gascoyne	Wangka Maya Pilbara Aboriginal Language Centre	(08) 9172 3275

The ***Bringing Them Home*** program funds over 100 counsellors nationally to provide counselling to individuals and families, and related services to communities affected by past practices around the forced removal of children from Aboriginal and Torres Strait Islander families.

Please call Redress WA on **1800 617 233** who can put you in touch with a Bringing Them Home counsellor in your area.

CONTACT REDRESS WA

Office hours:	9.00 – 4.30pm, Mon- Fri
Freecall:	1800 617 233 (charges apply from mobiles)
Telephone:	61 8 6217 8720 (standard call charges apply)
Email:	info@redress.wa.gov.au
Post:	Locked Bag 6, West Perth WA 6872
Website:	www.redress.wa.gov.au