

The Mental Health Community Outreach Program (MHCOP) is a community based support service for mothers who reside in the inner city or lower north metro area, who have a mental illness and who are caring for children.

What women say about the MHCOP...

The Coffee Morning is a chance to wind down, relax and get support. I go through my strategies for getting through the weekend and I can talk about my issues from the week.

If I'm not feeling well, the School Holiday Program is much easier for me and great for the kids.

My kids look forward to meeting up with other kids for support and friendship. They feel comfortable and safe, they trust the workers.

The Physical Activity Group helps me get into a routine where I do some regular exercise and I feel much better.

Also @ Women's Health Services

@ 100 Aberdeen Street, Northbridge
Ph: (08) 9227 8122 Tollfree: 1800 998 399 Fax: (08) 9227 6615

Clinical Services
Counselling Services
Adjusting to Baby & Change — PND Program
Multicultural Women's Advocacy Service — MWAS
Perth West Domestic Violence Action Group

@ 122 Aberdeen Street, Northbridge
Ph: (08) 9227 9032 Tollfree: 1800 246 655 Fax: (08) 9227 5860

WISE—Women in Substance Education
AOD Counselling and Therapeutic/Educational Groups
PEPISU—Pregnancy and Parenting Substance Use Program
Bandyup Women's Program— Brief Intervention Service
Aboriginal Grandparents Family Support Program
Community Development and Education Services

Email: info@whs.org.au

Web: www.whs.org.au

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Northbridge WA 6003

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Fax: (08) 9227 6615

Email: outreach@whs.org.au

Web: www.whs.org.au

TRANSPORT
Blue Cat Bus Stop 10
(across the street)
Perth Train Station
(10 minute walk)
Street parking
(in Aberdeen street)



WOMENS HEALTH SERVICES
General and Specific Health Services - Phone: (08) 9227 8122
Alcohol and Other Drug Services for Women - Phone: (08) 9227 9032

Mental Health Community Outreach Program



Providing individual and group support for mothers with a mental illness.

MHCOP Aims

- To strengthen women's support networks through meeting other women in similar situations, sharing ideas, concerns, experiences and aspirations.
- To enhance women's personal coping strategies in order to minimise the stress and disruption of a mental illness, and meet life challenges constructively.
- To recognise women's individual strengths. To offer opportunities to develop existing strengths, and to discover new ones.
- To empower women to play an active part in the management of their mental health and wellbeing.
- To support women in their parenting role in order to promote healthy relationships with their children and enhance positive childhood experiences.
- To provide opportunities for children of mothers with a mental illness to meet, develop friendships and support one another.

MHCOP Services

The MHCOP offers a range of services to women and their families. Women can choose to utilise whichever services best meet their individual needs.

Individual Support

The MHCOP is staffed by social workers who can provide psychosocial support, brief counseling, information, referral, advocacy and outreach services to women using the program.

Group programs

The MHCOP offers several group programs including:



Coffee Morning

An informal group that meets weekly (during school terms) where women can share their experiences, make friends and support one another.

Physical Activity Group

A weekly group (during school terms) giving women the opportunity to walk or do some exercise together

Formal groups and workshops

Held throughout the year on topics such as self-esteem, coping with depression, meditation and creative writing.

All services
are free
and a
crèche is
available.

Kids groups

Group activities for children including a kid's activity group, art workshops and other fun events.

School Holiday Program

Activities offered each term break for Mums and kids to enjoy together.

Newsletter

A quarterly newsletter which keeps women up-to-date with news, information, and group program schedules.



Website

Our website offers info on women and mental health, tips for coping with depression, links to many valuable mental health sites as well as an online forum where women can discuss health issues.

Women who would like to be part of the MHCOP program are welcome to self-refer. Referrals can also be made by GPs, clinics, psychiatrists, hospitals and other health professionals.

Please contact MHCOP staff for more information, or to make a referral.

