

### **Catholic Archdiocese of Perth**

# THERAPEUTIC SUPPORT REFERRAL PATHWAYS

#### **Purpose**

This resource offers referral pathways for trauma-informed therapeutic support, addressing social, emotional, or behavioural challenges causing distress or impacting daily functioning.

If you or someone you know has experienced abuse of trauma and are seeking a professional who can provide trauma-informed therapeutic support, you may find the following pathway of some benefit.

#### Counselling

A counsellor or psychologist can assist in developing coping strategies. Visit the Australian Psychological Society's 'Find a psychologist' link at <a href="https://www.psychology.org.au">www.psychology.org.au</a>

Explore the Trauma Support Provider website <a href="https://www.traumasupport.com.au">www.traumasupport.com.au</a> to find a counsellor. Additionally, consult your local General Practitioner (GP) for advice.

#### **Spiritual Counselling**

Spiritual counselling involves a skilled individual (spiritual counsellor) supporting others in deepening their relationship with God and advancing on their spiritual journey.

To find spiritual directors in Western Australia who are members of the Conference of Spiritual Directors Australia, visit www.csdaustralia.com

#### **Benefit Counselling**

Professional counselling addresses a range of issues for individuals, couples, or families, providing an opportunity to discuss and alleviate social, emotional, or behavioural. Challenges causing distress or affecting functioning.

#### What to Expect from Counselling

Counselling, akin to an educational experience, not only helps you understand yourself better but also acquire skills. It may involve learning about specific conditions like depression or anxiety for a better grasp of treatment options. Typically, short-term, the duration depends on your needs, expertise in addressing your concern, and resource availability. Initial sessions focus on problem identification and treatment planning, with appointments scheduled weekly, bi-weekly, or monthly.

Clinical psychologists can respond to your concerns in an objective and non-judgemental manner. The counselling relationship is unique in that it provides a Safeguarding forum for you to speak freely, knowing that what it shared will be keep private and confidential. Some issues counsellors can assist with:

- ✓ Anxiety
- ✓ Depression
- ✓ Managing anger
- ✓ Sexuality and intimacy
- ✓ Grief and loss
- ✓ Relationship issues and conflict
- ✓ Family and domestic violence
- ✓ Workplace issues and bullying

#### **Further Information**



## **Catholic Archdiocese of Perth Safeguarding Office**

29 Victoria Square Perth WA 6000

Phone: 08 9221 7762

Email: safeguarding@perthcatholic.org.au



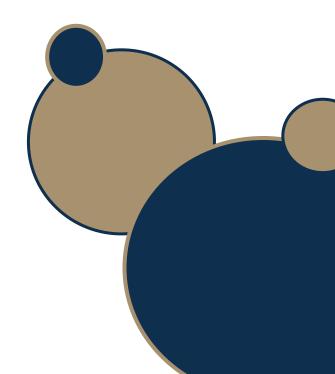
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### Catholic Archdiocese of Perth WA Professional Standard Office

29 Victoria Square Perth WA 6000

Phone: 08 9221 7762

Email: admin.wapso@perthcatholic.org.au





Who can boln you?				
Who can help you?				
Advocare - Elder Abuse	1800 655 566	www.advocare.org.au		
Provides support and protects education.	the rights of older peop	ole in WA through advocacy, information and		
Beyond Blue	1300 224 636	www.beyondblue.org.au		
An online and telephone service depression and suicide.	ce providing information	n to support mental health e.g. anxiety,		
Blue Knot Foundation	1300 657 380	www.blueknot.org.au		
Provides telephone counselling members, partners and friends		port for adult survivors of child abuse, family		
Centrecare	(08) 9325 6644	www.centrecare.com.au		
A Catholic not-for-profit organi services, both in the metropoli		sive outreach and specialised counselling of Western Australia.		
Crisis Care Helpline	(08) 9223 1111 1800 199 008	Text on 0477 13 11 14		
The Department for Child Prot operates twenty-four hours a d		port's after hours service, Crisis Care Unit,		
Kids Helpline	1800 551 800	www.kidshelpline.com.au		
A free, private and confidential	24/7 phone & online co	ounselling service for persons 5 - 25 years.		
Lifeline WA	13 11 14	www.lifeline.org.au		
Provides Western Australians e hour crisis support and suicide		crisis or thinking about suicide with access to 24		
Sexual Assault Resource Centre (SARC)	1800 199 888	www.kemh.health.wa.gov.au/Our- services/Statewide-Services/SARC		
A Western Australian 24/7 eme experienced any form of unwa		assistance & support to 13 years + who have behaviour.		
WA Department of Communities	1800 273 889	cpduty@cpfs.wa.gov.au		
		are in need and supports families and ned about a child's wellbeing, please contact		



Other organisations that may be able to assist you			
Anglicare WA	1300 114 446	www.anglicarewa.org.au	
	ndividuals, couples and encouraging environm	d families to process and overcome a wide variety of issues in ent.	
Centre for Life, Marriage, and Family	(08) 9278 0253	www.clmf.org.au	
A service for individuals, couples, families, schools, and community groups for Pre-marriage education, Counselling, Relationship enrichment, Family Life Education, Natural Fertility Management, Culture of Life information, Education and Publications.			
Headspace		www.headspace.org.au	
A non-profit organisation for youth mental health support.			
Mensline	1300 789 978	www.mensline.org.au	
A national telephone a relationship concerns.	and online support, info	ormation, and referral service for men with family and	
National Redress Scheme	1800 737 377	www.nationalredress.gov.au	
	-	abused as children while in the care of an institution. nd after applying for redress.	
Relationships Australia	1300 364 277	www.relationshipswa.org.au	
Individual, couples, and family counselling. Intake and referral to additional specialist support services for people affected by the Royal Commission.			
1800RESPECT	1800 737 732	www.1800respect.org.au	
A national domestic, family, and sexual violence counselling, information, and support service.			
Sexual Assault Counselling Australia (SACA)	1800 211 028	www.sexualassaultcounselling.org.au	
	unselling, including a fi affed by trauma special	ree telephone interpreting service, for people affected by the ist counsellors.	
Yorgum Aboriginal Corporation	(08) 9218 9477	www.yorgum.org.au	
Provides counselling, h	nealing, and culturally a	ppropriate support for Indigenous Australians.	