



# 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 [www.psychology.org.au](http://www.psychology.org.au)

Explore the Trauma Support Provider website [www.traumasupport.com.au](http://www.traumasupport.com.au) 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](http://www.csdaustralia.com)

### The Benefits of 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

safe forum for you to speak freely, knowing that what is shared will be kept 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

### For Further Information Contact



**Catholic Archdiocese of Perth  
Safeguarding Office**  
29 Victoria Square  
Perth WA 6000

Phone: 08 9221 7762

Email: [safeguarding@perthcatholic.org.au](mailto:safeguarding@perthcatholic.org.au)



**WA Professional Standard Office**  
29 Victoria Square  
Perth WA 6000

Phone: 08 9221 7762

Email: [admin.wapso@perthcatholic.org.au](mailto:admin.wapso@perthcatholic.org.au)



## Who can help you?

<b>Advocare - Elder Abuse</b>	<b>1800 655 566</b>	<b><a href="http://www.advocare.org.au">www.advocare.org.au</a></b>
Provides support and protects the rights of older people in WA through advocacy, information and education.		
<b>Beyond Blue</b>	<b>1300 224 636</b>	<b><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></b>
An online and telephone service providing information to support mental health e.g. anxiety, depression and suicide.		
<b>Blue Knot Foundation</b>	<b>1300 657 380</b>	<b><a href="http://www.blueknot.org.au">www.blueknot.org.au</a></b>
Provides telephone counselling, information and support for adult survivors of child abuse, family members, partners and friends.		
<b>Centrecare</b>	<b>(08) 9325 6644</b>	<b><a href="http://www.centrecare.com.au">www.centrecare.com.au</a></b>
A Catholic not-for-profit organisation that offers extensive outreach and specialised counselling services, both in the metropolitan and regional areas of Western Australia.		
<b>Crisis Care Helpline</b>	<b>(08) 9223 1111 1800 199 008</b>	<b>Text on 0477 13 11 14</b>
The Department for Child Protection and Family Support's after hours service, Crisis Care Unit, operates twenty-four hours a day, seven days a week.		
<b>Kids Helpline</b>	<b>1800 551 800</b>	<b><a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a></b>
A free, private and confidential 24/7 phone & online counselling service for persons 5 - 25 years.		
<b>Lifeline WA</b>	<b>13 11 14</b>	<b><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></b>
Provides Western Australians experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services.		
<b>Sexual Assault Resource Centre (SARC)</b>	<b>1800 199 888</b>	<b><a href="http://www.kemh.health.wa.gov.au/Our-services/Statewide-Services/SARC">www.kemh.health.wa.gov.au/Our-services/Statewide-Services/SARC</a></b>
A Western Australian 24/7 emergency line that offers assistance & support to 13 years + who have experienced any form of unwanted sexual contact or behaviour.		
<b>WA Department of Communities</b>	<b>1800 273 889</b>	<b><a href="mailto:cpduty@cpfs.wa.gov.au">cpduty@cpfs.wa.gov.au</a></b>
Works proactively for children and young people who are in need and supports families and individuals who are at risk or in crisis. If you are concerned about a child's wellbeing, please contact the Central Intake Team.		



## Other organisations that may be able to assist you

<b>Anglicare WA</b>	<b>1300 114 446</b>	<b><a href="http://www.anglicarewa.org.au">www.anglicarewa.org.au</a></b>
Counselling can help individuals, couples and families to process and overcome a wide variety of issues in a safe, supportive and encouraging environment.		
<b>Centre for Life, Marriage, and Family</b>	<b>(08) 9278 0253</b>	<b><a href="http://www.clmf.org.au">www.clmf.org.au</a></b>
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.		
<b>Headspace</b>		<b><a href="http://www.headspace.org.au">www.headspace.org.au</a></b>
A non-profit organisation for youth mental health support.		
<b>Mensline</b>	<b>1300 789 978</b>	<b><a href="http://www.mensline.org.au">www.mensline.org.au</a></b>
A national telephone and online support, information, and referral service for men with family and relationship concerns.		
<b>National Redress Scheme</b>	<b>1800 737 377</b>	<b><a href="http://www.nationalredress.gov.au">www.nationalredress.gov.au</a></b>
Provides support for those who were sexually abused as children while in the care of an institution. Ongoing support is available before, during and after applying for redress.		
<b>Relationships Australia</b>	<b>1300 364 277</b>	<b><a href="http://www.relationshipswa.org.au">www.relationshipswa.org.au</a></b>
Individual, couples, and family counselling. Intake and referral to additional specialist support services for people affected by the Royal Commission.		
<b>1800RESPECT</b>	<b>1800 737 732</b>	<b><a href="http://www.1800respect.org.au">www.1800respect.org.au</a></b>
A national domestic, family, and sexual violence counselling, information, and support service.		
<b>Sexual Assault Counselling Australia (SACA)</b>	<b>1800 211 028</b>	<b><a href="http://www.sexualassaultcounselling.org.au">www.sexualassaultcounselling.org.au</a></b>
Provides telephone counselling, including a free telephone interpreting service, for people affected by the Royal Commission. Staffed by trauma specialist counsellors.		
<b>Yorgum Aboriginal Corporation</b>	<b>(08) 9218 9477</b>	<b><a href="http://www.yorgum.org.au">www.yorgum.org.au</a></b>
Provides counselling, healing, and culturally appropriate support for Indigenous Australians.		