

Hedland Mental Health Week 2020

Events Calendar



Monday
12 OCT

Sex Abuse Prevention Workshop

10 AM - 4 PM
Youth Involvement Council
\$50 pp
ceo@yic.com.au

Inspire Women's Group (P.I.W.A.C)

11 AM - 1 PM
Hedland Women's Refuge
rda@hedlandwomenrefuge.com.au

Fair Game

5:30 PM - 7:30 PM
Wanangkura Stadium
5 - 17 years
shelley.marklew@police.wa.gov.au

Tuesday
13 OCT

Protective Behaviours Youth Workshop

2:30 PM - 5:30 PM
Youth Involvement Council
ceo@yic.com.au

Skate & Chill

2:30 PM - 4:00 PM
South Hedland Skate Park
mtaylor@porthedland.wa.gov.au

Jam Session

10:00 - 2:00 PM
South Hedland Town Square
raylene@headspacepilbara.org.au

Wednesday
14 OCT

The Splash

2:30 PM - 4:00 PM
South Hedland Aquatic Centre
mtaylor@porthedland.wa.gov.au

Protective Behaviours Youth Workshop

2:30 PM - 5:30 PM
Youth Involvement Council
ceo@yic.com.au

Girls Group

4 PM - 6 PM
Well Women's Centre
shelley.marklew@police.wa.gov.au

Wednesday
14 OCT

Pilbara Mental Health Service Luncheon

11:30 AM - 1:30 AM
Lotteries House
9174 1240

Morning Tea

10:00 AM - 2:00 PM
Spinifex Hill Studios
raylene@headspacepilbara.org.au

Skate & Chill

2:30 PM - 4:00 PM
South Hedland Skate Park
mtaylor@porthedland.wa.gov.au

Protective Behaviours Youth Workshop

2:30 PM - 5:30 PM
Youth Involvement Council
ceo@yic.com.au

Community Open Morning

9:30 AM - 11:30 AM
Child & Parent Centre
Monica.holden@ymcawa.org.au

Friday
16 OCT

Community Wellbeing Expo & Dodgeball Tournament

4:30 PM - 6:30 PM
Marquee Park
Transport provided to and from Town Square
Kesi-Maree.Prior@health.wa.gov.au

Friday
16 OCT

Drop it like it's hot for Mental Health by Jungle Body

6:00 PM
St Ceceilia's Hall
\$10 pp

Saturday -
Sunday
24-25 OCT

Mental Health First Aid

9:00 AM - 4:00 PM
Port Haven Camp
hedlandmensshed@outlook.com



All events are free unless otherwise stated

Help Hedland Stay COVID Safe



Maintain social distancing at all times



Cover coughs and sneezes with elbow



Keep hands washed and sanitised



Do not attend if you're unwell

It's okay not to be okay, support can be found in many places



	<p>Youth Involvement Council Deadly Hearts Drop in Centre for 5-10yr old's, Youth Centre for 11-17yr old's, Youth Accommodation Program for homeless people 15-25yrs, Mingle Mob, Family Support workers, and Fresh Start Café.</p>	<p>34 Lawson Street, South Hedland 08 9140 1272 ceo@yic.com.au</p>
	<p>BSS Employee Assistance Providing a free confidential counselling service to BHP employees and their family members (spouses and children included), in which help can be sought for all work and non-work related issues. The service is provided by experienced registered psychologists.</p>	<p>1029 Wellington Street, West Perth 1800 30 30 90</p>
	<p>headspace Pilbara When being a teenager and learning to 'adult' gets tough, headspace Pilbara has your back. We provide mental health and wellbeing support to young people aged between 12 and 25 years old by helping you figure out what it is you need to make life better.</p>	<p>1800 290 626 raylene@headspacepilbara.org.au</p>
	<p>Pilbara Mental Health Service Assessment, crisis intervention, diagnosis and case management of people of all ages from Children to Older Adults who are experiencing mental distress or are at risk to themselves or others.</p>	<p>Hedland Health Campus, South Hedland 08 9174 1240</p>
	<p>Hedland Well Women's Centre Established in 1991 Hedland Well Women's Centre educates, advocates and empowers women in a safe place. At the centre you are welcomed in an open, non-judgmental atmosphere.</p>	<p>2B Leake Street, South Hedland 08 9140 1124 info@wellwomens.com.au</p>
	<p>Bloodwood Tree Assosiation Inc. AOD counselling, AOD group therapies and support, cultural mental health support services, employment and training support (resumes, applications, mock interviews, work ready programs and work experience), driver training lessons and support, emergency relief, mini mart, homeless breakfast, soup kitchen, sobering up centre, home and tenancy support and community patrol services/transport assistance.</p>	<p>19 Hamilton Road, South Hedland 08 9138 3000 reception@bloodwoodtree.org.au</p>
	<p>Wirraka Maya Health Service & Aboriginal Corporation Wirraka Maya Health Service Aboriginal Corporation (WMHSAC) is an Aboriginal owned Health Service that focuses on the medical, emotional, social, and spiritual needs of the Aboriginal and Torres Strait Islander community residing within the Town of Port Hedland and its surrounding areas.</p>	<p>17 Hamilton Rd, South Hedland 08 9172 0400 hr@wmhsac.com</p>
	<p>Be You Educating community members and educators in their understanding of mental health literacy and catering to the needs of each school in regards to wellbeing.</p>	<p>17 Hamilton Rd, South Hedland 08 9172 4416 ericat@wmhsac.com</p>
	<p>Hedland Men's Shed A support network run by men for men. An informal group that supports all things mens health and wellbeing.</p>	<p>04 31 892 777 hedlandmensshed@outlook.com</p>
	<p>Empowering People in Communities (EPIC) All-round support for people with disabilities.</p>	<p>Lotteries House, South Hedland 08 9185 0000 reception@empoweringpeople.org.au</p>
	<p>Town of Port Hedland Youth Services Team Provides a number of services for youth in the Hedland community, this includes holiday and term programs that are fun, great ways to keep fit and a time to hang out with mates.</p>	<p>JD Hardie Youth Zone, South Hedland 08 9158 9380 council@porthedland.wa.gov.au</p>
	<p>Port Hedland Lesbian and Gay Society BTIQ (PHLAGS) A group created to provide a safe and supportive environment and community connection for all Lesbian, Gay, Bi-sexual, Transgender and Intersex persons in the Northwest Region. We are based in Port Hedland.</p>	<p>Facebook - PHLAGS - Port Hedland Lesbian and Gay Scene</p>
	<p>Hedland Psychologists Psychological Support Services for individuals and organisations.</p>	<p>10 Hedditch Street, South Hedland P: 08 9442 9696 M: 0488 772 300 admin@hedlandpsychologists.com.au</p>
	<p>HOPE Community Services HOPE has been a part of WA for over a century, providing much needed support to people affected by AOD and socio-economic disadvantage. Our services include Youth Justice, Adult Residential Rehabilitation, Individualised Community Living Strategy, AOD and Mental Health Interventions and Counselling, Suicide Prevention, Outreach and School Leavers Program.</p>	<p>08 9497 9498 www.hopecommunityservices.org.au</p>
	<p>Hedland Women's Refuge We provide advocacy and support to women and children impacted by family and domestic violence. We provide 24/7 crisis accommodation. We provide services to families impacted by homelessness. We provide outreach services to vulnerable community members.</p>	<p>Admin: 08 9173 1896 Crisis: 08 9173 1948</p>
	<p>Helping Minds Helping Minds offers free and confidential support to family and friends of people living with mental health challenges.</p>	<p>1800 811 747</p>
	<p>Child & Parent Centre, South Hedland We provide a range of services and programs to support families in Hedland to give their children the best start in life. Including child health services, parenting workshops, playgroups, parenting information and support with referrals to other services.</p>	<p>monica.holden@ymcawa.org.au 9172 4956</p>