






## Wundowie Health, Wellbeing and Community Services Directory (July 23)

Service	Description	Contact
<b>Aboriginal Health &amp; Wellbeing</b> 	<b>Wheatbelt Aboriginal Health Service</b> <ul style="list-style-type: none"> <li>- Appointment Process:               <ul style="list-style-type: none"> <li>- Referral based</li> <li>- Client contacted with appointment date by phone or letter</li> </ul> </li> <li>- Free service</li> </ul>	<b>WA Country Health Service WAHS Avon and Central</b> <ul style="list-style-type: none"> <li>- 65 Wellington Street, Northam</li> <li>P: (08) 9690 2888</li> </ul>
<b>Aged Care Services</b> 	<b>Commonwealth Home Support Program (CHSP).</b> <ul style="list-style-type: none"> <li>- Visit frequency:               <ul style="list-style-type: none"> <li>As required</li> </ul> </li> <li>- Appointment Process:               <ul style="list-style-type: none"> <li>Self-referral or via Health Professionals</li> </ul> </li> <li>- Fee may be payable or may be free</li> </ul>	<ul style="list-style-type: none"> <li>- P: 1800 200 422</li> <li>W: <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a></li> </ul>
<b>Breast Screen WA</b> 	<ul style="list-style-type: none"> <li>- Visit Frequency:               <ul style="list-style-type: none"> <li>Annually</li> </ul> </li> <li>- Appointment Process:               <ul style="list-style-type: none"> <li>- Self-referral</li> <li>- Booking available a month before visit to town</li> </ul> </li> <li>- Free service</li> </ul>	<ul style="list-style-type: none"> <li>- P: 132 050</li> <li>W: <a href="http://www.breastscreen.health.wa.gov.au">www.breastscreen.health.wa.gov.au</a></li> </ul>

## Cancer Services



- Chemotherapy and cancer care services available in Northam Health Service for Wundowie area residents.

## WA Country Health Service

### Northam Health Service

- P: (08) 9690 1300

## Child Health, school health and immunisation



- Clinic Days:
  - Thursdays and Fridays Child Health Clinic
  - Monthly Immunisation Clinic
  - Appointments made with Wundowie Health Centre
- Free service

## WA Country Health Service -

### Avon & Central Wheatbelt Primary Health Service

### Wundowie Health Centre

- P: (08) 9621 0140

## Chiropractor



- No local service available currently. Private services in Northam – fee may be payable.

## Hansen Chiropractic

- 130 Fitzgerald Street, Northam  
P: (08) 9622 2282

## Northam Natural Health Studio

- 9 Wellington Street, Northam  
P: (08) 9622 5312

## Continence



- Childhood bedwetting.
- Appointment Process:
  - Referral based
  - Client contacted with an appointment date by phone or letter

## WA Country Health Service -

### Avon & Central Wheatbelt Primary Health Service

- Northam  
P: (08) 9690 1320

## Counselling



- Amity Health - Mental Health Services – available in Northam.

## - Amity Health

[www.amityhealth.com.au](http://www.amityhealth.com.au)

- P: 9842 2797

## Chronic Condition Program



- Supports people to look after their long-term health issues, by phone in person or telehealth.
- Free service

### WA Country Health Service - Wheatbelt Chronic Conditions Care Coordination program

- P: (08) 9690 1720

### Silverchain Health Navigator

- P: 1300 650 803

### Wheatbelt Health Network Integrated Chronic Disease Coordinator

- P: (08) 9621 4444

## Dentist



- No local private service available currently. Private Dental Services in Northam. Fee may be payable.
- Public (free) Dental Service visits – nearest adult clinic is in Swan/Midland

### Avon Valley Dental Centre

- 59 Duke Street, Northam  
P: (08) 9622 1245

### Northam Dental Surgery

- 177 Fitzgerald Street, Northam  
P: (08) 9622 1801

### Public Dental Service

- 3 Eveline St, Middle Swan,  
P: (08) 9274 0099
- Mobile dental clinic [cdu2@health.wa.gov.au](mailto:cdu2@health.wa.gov.au)  
P: 0419 965 006

## Diabetes

- Diabetes Telehealth Service for Regional WA – Telehealth services linking you with a Credentialed Diabetes Educator.

### Telehealth Self Referral

- Form available from [Diabeteswa.com.au](http://Diabeteswa.com.au)

### Local GP

- Discuss referral with your GP.

## Dietetics



- Visit Frequency:
  - By referral only as required
- Free service
- Appointment Process:
  - Referral based
  - Client contacted with an appointment date by phone or letter

### **WA Country Health Service - Avon & Central Wheatbelt Primary Health Service**

- Northam  
P: (08) 9690 1320

## Emergency Care



- Ambulance services – fee may be payable if no ambulance insurance cover

### **St John Ambulance**

- For emergencies  
P: 000

### **WA Country Health Service Northam Health Service**

- P: (08) 9690 1320

### **Health Direct**

- For health advice  
P: 1800 022 222

## GP Practice



- No local private service available currently. Private GP services in Northam.

### **Grey Street Surgery**

- P: (08) 9622 1599

### **Northam Family Practice**

- P: (08) 9621 9500

### **Wheatbelt Health Network**

- P: (08) 9621 4444

### Heart Health Support Service



- Support by telehealth for healthy hearts for anybody that has a heart condition or has had heart surgery. Free service.
- Appointment Process:  
Ask for a referral from your GP, cardiologist, Aboriginal Health Worker, or other health worker

### WA Country Health Service Heart Health Support Service

- Heart Health Nurse  
P: 0427 147 824  
[wachs.hearthealthsupport@health.wa.gov.au](mailto:wachs.hearthealthsupport@health.wa.gov.au)

### Healthy Lifestyle programs



- Appointment Process:  
A free Healthy Eating Activity and Lifestyle (HEAL™) program accessed by appointment only through the Health Promotion Officer:

### WA Country Health Service - Avon & Central Wheatbelt Primary Health Service

- Appointments made with Northam  
P: (08) 9690 1320

### Quit Smoking and Vaping Programs



### Wheatbelt Quit Smoking Program

- The free program offers support strategies to help people along their tobacco and / or e-cigarettes quitting journey. Open to Wheatbelt residents of all ages.

### WA Country Health Service - Avon & Central Wheatbelt Primary Health Service

- Health Promotion Officer  
P: (08) 9690 1320



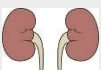
### No More Ngamari

- No More Ngamari (No More Smokes) is a free culturally appropriate quit smoking program for Aboriginal people and their families. The program provides support and free nicotine replacement therapy.

### WA Country Health Service - Wheatbelt Aboriginal Health Service

- P: (08) 9690 2888  
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### Kidney Health Services



### Wheatbelt's regional renal (kidney) support team

- Visit Frequency:  
- As required
- Monday - Friday 8.30am to 4.30pm
- Free service

### WA Country Health Service

- Clinical Nurse Consultant  
P: (08) 9690 1772 or 0407 733 059  
E: [Wheatbelt.RenalService@health.wa.gov.au](mailto:Wheatbelt.RenalService@health.wa.gov.au)

## Maternity and Midwifery Services



- Free pre-birthing (antenatal), birthing and post birthing (post-natal) care from Northam, including for women who choose to birth elsewhere
- Visit Frequency:
  - As required
- Appointment Process:
  - Referral by a GP, registered nurse or child health nurse
  - Self-referral

## WA Country Health Service - Avon Valley Midwifery Group Practice (MGP)

- P: (08) 9690 1633
- E: [avmgp@health.wa.gov.au](mailto:avmgp@health.wa.gov.au)

## Mental Health, Alcohol & Other Drug Services



## Specialist WA Country Health Service free Community Mental Health Services

- Visit Frequency:
  - As required
- Appointment Process:
  - Referral by a GP
  - Referral by a registered nurse via ED
  - Self-referral

## Mental health inpatient care in Perth, Albany or Bunbury Authorised Psychiatric Units

## Wheatbelt free Suicide Prevention and Suicide Support Aftercare Programs through Holyoake

- Holyoake counselling and support to people experiencing problems with their own or someone else's alcohol and substance use

## Mental Health online and phone support

- Amity Health Mental Health Services – available in Northam

## WA Country Health Service - Wheatbelt Community Mental Health Services

- P: (08) (08) 9621 0999

## Holyoake Northam

- P: (08) 9621 1055
- E: [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au)
- E: [AWilliams@holyoake.org.au](mailto:AWilliams@holyoake.org.au)
- E: [adminNarrogin@holyoake.org.au](mailto:adminNarrogin@holyoake.org.au)
- W: <https://holyoake.org.au>

## Rural Link

- Mental health advice
- P: 1800 552 002

## Amity Health

- P: (08) 98422797
- W: [www.amityhealth.com.au](http://www.amityhealth.com.au)

## Men's Shed Inc



- Frequency:
- Tuesdays 8:30am – 2:00pm
- Saturdays 8:30am – 12:30pm

## Wundowie Men's Shed Inc

- Wundowie & Districts Men's Shed
- 3 Boronia Avenue Wundowie  
P: (08) 9573 6201
- M: 0437 362 017

## Occupational Therapy



- Visit Frequency:
  - Free service by referral only as required
- Appointment Process:
  - Referral based
  - Client contacted with an appointment date by phone or letter

## WA Country Health Service - Avon & Central Wheatbelt Primary Health Service

- Northam  
P: (08) 9690 1320

## Palliative Care



- Wheatbelt free Palliative Care Services – Supporting community and hospital palliative care

## WA Country Health Service

- Wheatbelt Palliative Care team  
Based in Northam  
P: (08) 9690 1686

## Pathology



- No local services available currently.

## Pathwest Northam Health Service

- P: (08) 9690 1657  
Northam Regional Hospital  
50 Robinson Street Northam  
No appointment necessary
- Clinipath Northam**  
25 Holtfreter Ave, Northam, WA, 6401  
P: (08) 9371 4323

## Physiotherapy



### Public Physiotherapy

- Visit Frequency:
  - By referral only as required
- Appointment Process:
  - Referral based
  - Client contacted with an appointment date by phone or letter

### WA Country Health Service- Avon & Central Wheatbelt Primary Health Service

- Appointment made with Northam
- P: (08) 9690 1320

## Podiatrist



### Public Podiatrist - Northam

- Appointment Process: Referral based - client contacted with an appointment date by phone or letter

### WA Country Health Service- Avon & Central Wheatbelt Primary Health Service

- Northam Health Service
- P: (08) 9690 1320

## Rehabilitation



- Referral to rehabilitation (sub-acute) services at Northam Health Service from Perth and Northam hospitals.
- Rehabilitation in hospital is for people recovering from major surgery or needing to regain fitness and ability to manage at home after an illness needing hospitalisation.

### WA Country Health Service

- Sub-acute (rehabilitation) service
- P: (08) 9690 1300

## Social Work



- Visit Frequency:
  - By referral only as required
- Appointment Process:
  - Referral based
  - Client contacted with an appointment date by phone or letter

### WA Country Health Service- Avon & Central Wheatbelt Primary Health Service

- Northam
- P: (08) 9690 1320

## Speech Pathologist



- Visit Frequency: by referral only as required
- Appointment Process: Referral based - client contacted with appointment date by phone or letter

### WA Country Health Service - Avon & Central Wheatbelt Primary Health Service

- Northam
- P: (08) 9690 1320



### Stroke services



- Supportive service for Wheatbelt residents over the age of 18 who have had a recent stroke or transient ischaemic attack. Staff can provide education, develop health plans, arrange outpatient rehabilitation services and link clients in with other services, as required.
- Appointment Process:
  - Referral based
  - Client contacted with appointment date by phone or letter

### WA Country Health Service - Avon & Central Wheatbelt Primary Health Service

- Northam  
P: (08) 9690 1320



### Telehealth/Virtual Care

- By appointment only.
- Specialist Consultant appointments confirmed by Wheatbelt Telehealth Service.

### WA Country Health Service Wheatbelt Telehealth Services

- P: (08) 9690 1632

### X Ray



- X-ray and CT scan available at Northam Health Service.  
MRI is available in Perth.

### WA Country Health Service Northam Health Service

- P: (08) 9690 1320

## Other useful phone numbers

Service	Description	Phone number
<b>Emergencies Police, Fire, Ambulance</b>	<ul style="list-style-type: none"><li>- Is someone seriously injured or in need of urgent medical help? Is your life or property being threatened? Have you just witnessed a serious accident or crime?</li><li>- If you answered YES call Triple Zero (000). Triple Zero calls are free.</li></ul>	- 000

<b>Beyondblue</b>	- 24/7 support for anxiety, depression and suicide prevention.	- 1300 224 636
<b>Carers WA</b>	- General information line - <a href="https://www.carerswa.asn.au/about-us/">https://www.carerswa.asn.au/about-us/</a>	- 1300 227 377
<b>Crisis Care</b>	- 24 hours support, free call, after-hours response to reported concerns for a child's safety and wellbeing. Additionally, they provide information and referrals for people experiencing crisis and can be contacted for advice around homelessness services.	- 1800 199 008
<b>Commonwealth Respite and CareLink Center WA</b>	- Carer Gateway, including short-term crisis help	- 1800 422 737
<b>Department for Child Protection</b>	- If concerned about a child's wellbeing, please contact the Central Intake Team	- 1800 273 889
<b>Family Helpline</b>	- 24 hours - Counselling and information service for families, free call	- 1800 643 000
<b>Here For You</b>	- Support line for alcohol, drugs and mental health, 7 am to 10 pm, 7 days a week	- 1800 437 348
<b>Health Direct</b>	- 24 hours health advise (talk to a registered nurse) – free call -	- 1800 022 222
<b>Kids Helpline</b>	- 24 hours for ages 5-25 – free call - <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>	- 1800 551 800
<b>Lifeline</b>	- 24 hours crisis support - Lifeline Crisis Text Service	- 13 11 14 - 0477 13 11 14
<b>Parentline (WA) Health Direct</b>	- 24 hours parenting and family support Free call	- 1800 654 432
<b>Pregnancy, Birth &amp; Baby</b>	- Website and Helpline - 7 am to midnight (AET), 7 days a week - <a href="https://www.pregnancybirthbaby.org.au/">https://www.pregnancybirthbaby.org.au/</a>	- 1800 882 436

	- (includes videocall to a child health nurse)	
<b>Poisons Information Centre</b>	- 24 hours	- 13 11 26
<b>Men's Domestic Violence Helpline</b>	- 24 hours, non-judgment phone line for men	- 1800 000 599
<b>Mensline Australia Talk to a Mate</b>	- 24 hours, offers information, support and referral, including Talk to a mate before it all gets too much	- 1300 789 978
<b>National Sexual Assault, Family &amp; Domestic Violence</b>	- 24 hours free call The National Sexual Assault, Family & Domestic Violence Counselling Line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault. 24 hours, 7 days a week. <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	- 1800 737 732
<b>Rural Link</b>	- After hours country mental health service, (free call)	- 1800 552 002
<b>Rural in Reach</b>	- Free support and counselling (free call)	- 1800 998 399
<b>Women's Domestic Violence Helpline</b>	- 24 hours, support and counselling for women experiencing domestic violence	- 1800 007 339
<b>Women's information Service WA (WIS)</b>	- Monday – Friday (9 am to 4 pm) - WIS is staffed by a group of fully trained and dedicated volunteers who respond each year to around 6,000 telephone inquiries from across Western Australia.	- 1800 199 174