

This service can help you to:

- recover from common mental health problems
- learn practical self-help skills
- support positive behaviour in your child
- overcome barriers to achieving your goals

Referrals and bookings

Individuals and parents can access this service by completing the referral form on our website and sending it through to us via email at pws@catholiccarevic.org.au

Community service organisations and health professionals can also make referrals into this service using the referral form.

Find the referral form here:
www.catholiccarevic.org.au/PWS

Fees

Type of session	Session duration	Fee per session
Online or face-to-face seminar	30 minutes	Free
Parenting or wellbeing group	1 hour	\$30
Initial consultation or guided self-help	20 minutes	\$97
Individual assessment, parent coaching or CBT	1 hour	\$194

About us

At CatholicCare Victoria we are committed to empowering communities and building strength and resilience, to enable everyone to reach their full potential and live life to the full.

Our services are available to all individuals or groups regardless of race, religious beliefs or economic status.

CatholicCare Victoria is the social service agency of the Catholic Archdiocese of Melbourne and the Catholic Dioceses of Ballarat, Sandhurst and Sale.

Contact us

Mildura Office
136 Lime Avenue, Mildura, VIC 2500
T (03) 5051 0000
E pws@catholiccarevic.org.au

Psychological Wellbeing Service



www.catholiccarevic.org.au

CatholicCare Victoria acknowledges the history, culture, diversity, and value of all Aboriginal and Torres Strait Islanders, and pays respect to their Elders past and present, as well as acknowledging future generations.

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 **CatholicCare**
VICTORIA
Strengthening families & communities

Helping children, youth and adults recover from common mental health problems

Our Psychological Wellbeing Service (PWS) provides parenting support and low intensity therapies for children, youth and adults, with minimal wait times.

Common problems we can help with include:

- Anxiety, trauma, or depression
- Compulsive behaviours, including moderate alcohol or drug problems
- Disruptive or avoidant behaviour in children or adolescents

We offer a range of supports

Free mental health and wellbeing seminars:

Attend one of our fortnightly seminars to learn about managing everyday stresses, reducing a specific fear, and becoming more active.

Initial one-to-one consultation:

Choose from a range of free self-help resources or guided self-help with a clinician.

Guided self-help or group sessions:

Choose attendance of a parenting group, wellbeing group, or an individual assessment followed by one-to-one support.

Parent coaching or cognitive behavioural therapy:

Choose from parent coaching or cognitive behavioural therapy (CBT) for 1-hour sessions.

Learn useful practical skills

PWS focuses on providing people with the practical skills and knowledge to aid their own recovery or support their children

Our clinicians provide support with:

- practical skills to help you feel better by changing what you do, or finding a more helpful way of thinking
- parenting skills focused on supporting children's positive behaviour
- talking about change and identifying barriers to achieving your goals.

We also regularly monitor confidential information to ensure your care is safe, effective and a positive experience.

Tailored support for all

If you are currently experiencing difficulties accessing mental health or parenting support, or if you're having trouble finding a service which understands your situation, PWS can help.

Our PWS clinicians can support people who are:

- living in a rural community
- living with a long-term health problem
- pregnant or looking after a newborn baby
- ex-serving Australian Defence Force
- a refugee or asylum seeker
- experiencing issues related to gender, sexuality, or relationships

Finding the right support for you and your family

At CatholicCare Victoria we offer a range of services to suit the needs of our local communities.

If you're not sure what service is right for you or your family, contact us to discover how we can best support your needs.

Other services you may be interested include:

- Counselling
- Parenting Courses
- Regional Parenting Program

We also offer:

- Cognitive & Educational Assessments
- Family Wellbeing Support Service
- Parenting Orders Program

View all programs and services on our website at www.catholiccarevic.org.au