

# 4families

## Family Mental Health Support Service

---

### Do you need support for your child and family?

All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental, emotional and social wellbeing. You are not alone. Often families need support to get through the tough times.

### How can we help?

A free family support service that provides -

- Counselling and emotional support
- Information and referrals
- Home-based family support
- Workshops, seminars and groups
- Community development activities

### Who is this service for?

Children, from birth to 18 years and their families and carers who are living in Bunbury, including Australind, Harvey, Capel, Collie and Waroona catchment areas.

If you would like  
to know more,  
please contact us

BUNBURY  
Relationships Australia WA  
20 Molloy Street  
Bunbury WA 6230

Tel: 6164 0600  
Email: [4families@relationships.wa.org.au](mailto:4families@relationships.wa.org.au)  
Web: [www.relationships.wa.org.au](http://www.relationships.wa.org.au)

## Our Aim

To focus on prevention and early intervention by addressing issues that affect the mental and emotional wellbeing of children and young people. We provide whatever support children and young people need, linking them to a variety of services to reduce family stress and to enable them to reach their full potential.

Where children, young people and their families and carers need more assistance, we will actively work with other services including schools, community organisations, Centrelink and mental health services.

## How do I get help?

This is a free service. Individuals and families can self-refer, or referrals may be made through community organisations, both government and non-government.

To make an appointment or to speak to a Child and Family Practitioner either:

call 6164 0600

email [4families@relationshipsaustralia.org.au](mailto:4families@relationshipsaustralia.org.au) or

visit Relationships Australia WA

20 Molloy St, Bunbury

*Relationships Australia.*

WESTERN AUSTRALIA

1300 364 277

[www.relationshipsaustralia.org.au](http://www.relationshipsaustralia.org.au)

Funded by the Australian Government Department of Social Services.