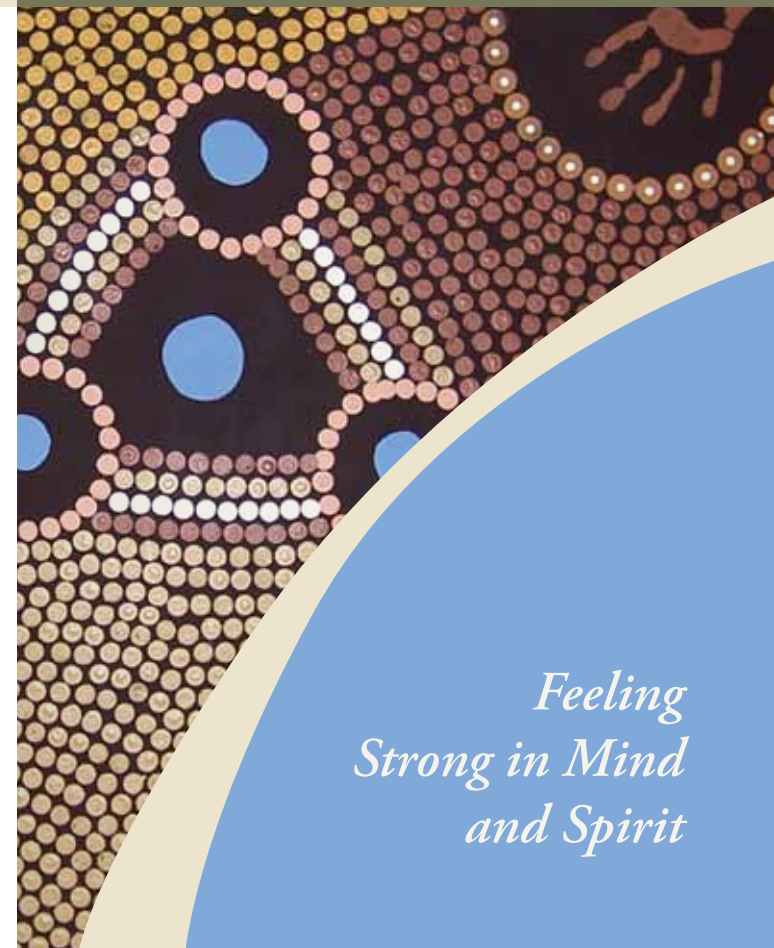




Ruah Inreach Mental Health Service

For Potential Aboriginal Clients

UniPrint 75525



*Feeling
Strong in Mind
and Spirit*

Referral process:

- We receive a Request for Service form signed by you, from you, your doctor or another worker
- We will let you know that we received your request
- We'll meet you to work out whether Ruah is the right service for you
- We might refer you to a more suitable service
- If you are accepted there could be a wait list. We may link you to another program while you wait.



Ruah Community Services **vision** is a socially just, compassionate, participative and sustainable community. Its **mission** is to redress disadvantage and enhance the human spirit.



How to contact us.

Ruah Inreach local team locations:

Please leave a message with the paging service and we will contact you.

Ruah Head Office

Phone (08) 9485 3939

Web www.ruah.com.au

Lower North Health District

Pager (08) 9480 5500

Inner City Health District

Pager (08) 9480 5500

Fremantle Health District

Pager (08) 9480 5500

Rockingham/Kwinana Health District

Phone (08) 9591 3333

Armadale Health District

Pager (08) 9480 5500

Mandurah Health District

Phone (08) 9534 8922

Privacy Statement

Ruah Community Services is committed to protecting the privacy of clients and staff in accordance with the National Privacy Principles. We ensure that individuals are fully informed of the ways in which information is collected, stored and used.

If you do not have a Doctor looking after your mental health, we will support you to find one.





Ruah—an ancient Hebrew word meaning wind, breath, Spirit of life

When you are...

- Not feeling strong in spirit and mind?
- Feeling down or unhappy a lot of the time?
- Having trouble out and about?
- Using drugs or grog to help you cope?
- Feeling confused?
- Hearing voices or seeing things?
- Feeling shame?
- Feeling stuck?

What do we do?

- A helping hand to get your life back on track
- Managing your house
- Managing your money
- Help to use public transport
- Getting along with family and friends
- Finding a good doctor
- Helping with the kids
- Getting involved in your community
- Connecting with other services.

Who are we?

- Non-government community services
- Team of workers with range of skills and experience
- Workers who work with your needs in a holistic way
- Trusting and respectful
- Flexible
- Confidential.

Are you?

- Aged between 16 – 65
- Living in the Perth metropolitan area
- Concerned about your mental health.

