

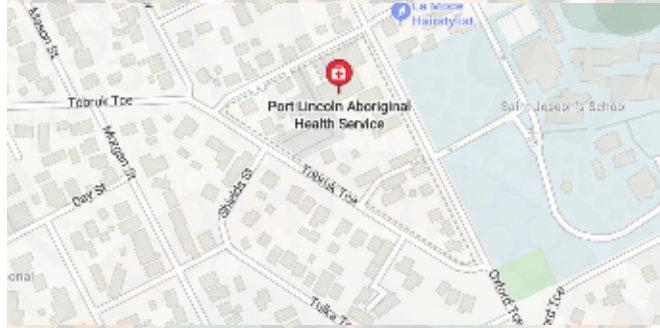
Some of the worries I am experiencing are:

Tick or circle
Work/ School worry
Not sleeping good
Not eating good tucker
Too much cigarette
Too much grog, nguntha puyu (cannabis) or other drugs
Gambling creating problems with family and money
Physical Illness- Health Worry
Side effects of medicine- feel sleepy or tight muscles
Don't know about mental illness or treatment
Problem remembering things or finding my way around
Doing things which worry my family
Sitting down alone- not mixing much with others
Violent, strange, silly or bad behaviour
Hearing voices or seeing things feeling sad inside, no interest in doing things
Problem with being too happy or too much energy
Mixed up thoughts, paranoid, silly thinking
Self-harm behaviour or thoughts of suicide
Feeling anxious or nervous or jumpy
Housing worries
Worries with Education/ Training/ Employment
Relationships, family problems
Safety worries, violence- home/ community
Legal stress- Court- fines
Other worries



PORT LINCOLN ABORIGINAL HEALTH SERVICE LTD.

PORT LINCOLN ABORIGINAL HEALTH SERVICES



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Accredited by Quality Practice Accreditation Pty Ltd
Certificate No: QPA24-9422



PORT LINCOLN ABORIGINAL HEALTH SERVICE LTD.

Social and Emotional Wellbeing Case Management Team

Business Hours

08:30AM to 05:00PM

Monday to Friday



SEWB Case Management team assist you to access the right type of support for your needs or worries if you are concerned about your physical health, or your mental health or perhaps about using alcohol or other drugs.

This could be an Aboriginal Health Worker, Nurse, Doctor, Psychiatrist, Psychologist, Counsellor, Occupational Therapist, Youth Worker, Alcohol and Drug Worker, or Mental Health.

The SEWB Case Management Team at Port Lincoln Aboriginal Health Service can also link you in with other networks & programs that may suit your needs.

If you need

- some help with any personal or health issue?
- Having difficulty with something in your life?
- Feeling sad, anxious or worried?
- Concerned about the use of alcohol or drug?
- Worried about a friend or a family member?
- Need advice about education and /or finding work?

Make an appointment...

Making an appointment is simple, just phone Port Lincoln Aboriginal Health Service on **8683 0162** to find a time that suits you. You can also ask a teacher, parent, other family member, health worker or community agency to contact the Health Service for you. The SEWB Case Management Team also have a 'Drop-In' service where you can visit the team between 0830AM and 0500PM Monay to Friday.

Contact Port Lincoln Aboriginal Health Service to find out more about what services they offers.

What to expect from SEWB Case Management team?

There is no shame to feel nervous about getting help or asking for help for the first time, and talking to someone you don't know about what's going on your mind can take a while to get used to. It sometimes helps to bring along a friend or a family member for support.

The first appointment is usually the hardest because you don't know what to expect. Over time it gets easier to talk, as you get to know and trust your case worker.

What to expect from the Case Management Team.....

Your First Appointment...

Appointments with a caseworker usually last up to an hour. Sessions with a doctor might be shorter. You'll probably be asked a lot of questions at your first visit. This is to make sure that all important issues are covered, and to help develop the best outcome for you.

Depending on the reason for your visit you might discuss how you are feeling, and how things are at work, home, school or study. You might also talk about how you are sleeping, how you are eating, and how you are getting on with your family and friends

What happens next?

You can visit the SEWB Case Management Team to talk about your problems just once, or you can come back for more visits. The Caseworker might suggest you come back every week, or every few weeks, or just when you feel the need.

The Caseworker might also suggest that there are other people who could help you, such as Employment Workers, and they will help you to contact these other supports.

Confidentiality

When you talk to Caseworker nothing you say can be passed on to anyone else without your permission but there are a few exceptions; if safety is an issue, and in some circumstances as required by law.

If a Caseworker is seriously worried about your safety, or the safety of someone else they must- by law- try to keep everyone safe. This means they might have to share their concerns with someone else.

Talk to you caseworker about CONFIDENTIALITY to ensure you understand how it works.