

whitsunday

**COUNSELLING & SUPPORT**

inc.

*when life's not all smooth sailing...*



# **WOMEN'S HEALTH & WELLBEING**

Support to empower you on your  
journey forward...

# WHAT IS WOMEN'S HEALTH & WELLBEING

Women's Health and Wellbeing support program is available to women who are recovering from experiences of domestic and family violence and other forms of gender based violence. Using a case management approach, the program may assist with recovery, resilience, healing and building confidence.

The program will work with women to identify their support needs and assist them to access a range of services to meet their needs. The program will encourage program users to identify their long term goals which will aid in their journey to recovery.

## HOW WE CAN SUPPORT YOU

The Women's Health and Wellbeing program can assist with connecting program users to services such as:

- Housing
- Mental and physical health
- Employment
- Education
- Economic independence - budgeting / financial planning
- Connecting you with services / groups that can build self-reliance



## WHO CAN ACCESS THIS PROGRAM

Any female aged 16 years and over who is:

- Recovering from experiences of domestic and family violence, and other forms of gender based violence.
- Experiencing personal, family, relationship, and / or financial issues as the result of experiencing domestic and family violence.
- Currently not in need of crisis support but would benefit from receiving a trauma informed, case management style support to address issues impacting their daily functioning.
- Reside in the program catchment area which includes Proserpine, Bowen, Collinsville, Airlie Beach and surrounding suburbs.

## HOW IT WORKS

The program aims to support women across a range of domains that may have been impacting their health and wellbeing.

Women's Health & Wellbeing staff will deliver trauma informed counselling and case management which includes ongoing needs assessment, safety planning, risk assessment and case planning. The program uses a strength-based, client-centred and empowerment approach to build resilience, address trauma and prevent re-victimisation of women in the community.

## JOIN THIS PROGRAM

If you decide to participate in our program, please phone or present to our office. We will arrange a meeting with a program representative.

# REFERRALS

Agencies and service providers can request a referral form on behalf of an individual by emailing: [intake@whitsundaycs.com.au](mailto:intake@whitsundaycs.com.au)

# ADDITIONAL SUPPORT NUMBERS

Sexual Assault Support Line . . . . .	1800 010 120
DV Connect . . . . .	1800 811 811
1800 Respect. . . . .	1800 732 732
Kids Helpline . . . . .	1800 551 800 (24 hours)
Diverse Voices (LGBTIQ+) . . . . .	1800 184 527 (3pm - midnight)
Parentline . . . . .	1300 301 300
Homeless Hotline . . . . .	1800 474 753
Lifeline . . . . .	13 11 14
Legal Aid . . . . .	1300 651 188
National Debt Helpline . . . . .	1800 007 007

# POLICE

Emergency . . . . .	000
Whitsunday Police . . . . .	(07) 4948 8888
Proserpine Police . . . . .	(07) 4945 9666
Bowen Police . . . . .	(07) 4720 4555
Collinsville Police . . . . .	(07) 4785 5377

# LOCATIONS

## CANNONVALE

Hours: Monday to Friday, 9:00am - 5:00pm  
Address: Shop 1, Cannonvale Square,  
157 Shute Harbour Road, Cannonvale

## BOWEN

Hours: Monday to Friday, 8:00am - 4:00pm  
Address: Shop 3, 38 Herbert Street, Bowen

## OUTREACH AREAS

Proserpine: By appointment only  
Hamilton Island: By appointment only  
Collinsville: By appointment only

# CONTACT US

Phone: 07 4946 2999  
Email: [admin@whitsundaycs.com.au](mailto:admin@whitsundaycs.com.au)  
Postal: PO Box 65, Cannonvale Qld 4802



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