

You are not alone

1 in 2 Australians experience clinical levels of anxiety or depression at some point in their lives.

Feelings of stress, worry, panic, fear and sadness are normal responses to life's challenges. But when they happen too often, we can fall into habits and cycles that stop us living the life we want.

We can help build your resilience.



Ask your GP or Healthcare Professional for a **referral** today

Feeling stressed, low or anxious?

Access **FREE THERAPY** with us

PORTS is not a crisis service. If you are feeling suicidal or need urgent help phone:

- Emergency services
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- Mental Health Emergency Response Line
1300 555 788
- Lifeline
13 11 14
- Suicide Call Back Service
1300 659 46

ports.org.au

Thank you to our strategic partners and funders



How can PORTS help?

Our friendly, highly trained team of psychologists and mental health nurses are here to help people aged 16+ across WA, troubled by mild to moderate anxiety, depression or substance use.

We reduce barriers to traditional psychological care by being:



FULLY GOVERNMENT FUNDED

Which means our services are free and no mental health care plan is required.



FAST TO RESPOND

After your assessment is complete, a therapist will call you within 1-3 business days.



CONVENIENT

You can undertake treatment securely via telephone or online from the comfort of your own home, or opt into face-to-face therapy.

Get started with PORTS in 3 easy steps

1

Get a referral from your GP

Talk to your GP about how you want to make changes in your life and ask for a referral to your local Integrated Mental Health Care Provider.

2

Assess your symptoms

Complete an assessment with your local Mental Health Provider. You will then be recommended treatments that can help, including PORTS.

3

Get treatment, start feeling better

Once we receive your referral, a friendly and experienced PORTS therapist will contact you by phone to discuss our treatment options.

How we work with you to build resilience

We will recommend a treatment plan based on your individual needs and circumstances. It may include:



Telephone treatment sessions

Delivered by one of our therapists securely by telephone.



Online courses

8 week, therapist-guided online courses designed to build resilience and emotional well-being for the long term.