



## Welcome Letter

Fremantle Women's Health Centre (FWHC) is a warm and welcoming space to access personalised women's health and wellbeing services. We began as Fremantle Multicultural Women's Health Centre over 35 years ago and quickly expanded beyond medical appointments to include health education, group activities, postnatal depression and general counselling.

FWHC current on site clinical and counselling services are:

- fully inclusive;
- respect your individuality and gender diversity; and
- respect you as an equal and active partner in your health care.

### Clinical Services

- No referrals are needed for women living or working in the south west metropolitan local government areas of Fremantle, Cockburn and Melville.
- Medical services are provided by female doctors and clinical nurses who are qualified and experienced women's health practitioners with expertise in health screening, advice, information and treatment.
- We are not a General Practice and encourage you to have a regular GP to support your primary care needs. If you need help finding a GP, please speak to one of our team.

### Counselling

- For women 16 years of age and older, living or working in the south west metropolitan region local government areas of Fremantle, Cockburn and Melville.
- We work with diverse counselling issues such as depression, anxiety, bereavement and loss, trauma, relationships, parenting, domestic violence, adjustment and low self-esteem.
- Circle of Security Parenting groups operate on a term basis. If you are interested in finding out more about this please speak to one of our team.

FWHC hours of operation are Monday – Friday 8:30 – 4:30. Please note we are not a crisis service. If you require immediate assistance call Crisis Care 1800 199 008 / Lifeline 13 11 14 / Mental Health Emergency Response Line 1300 555 788.

***We hope you will feel comfortable speaking with us about your range of needs and we welcome feedback. Call us 9431-0500 or check our website to find out more information (including a comprehensive welcome pack) via [www.fwhc.org.au/welcome](http://www.fwhc.org.au/welcome)***

***CEO of Fremantle Women's Health Centre***