

palmerston.org.au



Compassion
Acceptance
Respect
Excellence
Service

Visit our website for branch locations or call/email:

Albany

P: (08) 9892 2100 albany@palmerston.org.au

Armadale

P: (08) 9399 5344 armadale@palmerston.org.au

Denmark

P: (08) 9848 1491 albany@palmerston.org.au

Fremantle

P: (08) 9430 5966 fremantle@palmerston.org.au

Katanning

P: (08) 9821 8306 katanning@palmerston.org.au

Mandurah

P: (08) 9581 4010 mandurah@palmerston.org.au

Perth

P: (08) 9328 7355 perth@palmerston.org.au

Residential Rehab

Contact through the Perth office

Rockingham

P: (08) 9550 9200 rockingham@palmerston.org.au

Thornlie

P: (08) 9267 2400 thornlie@palmerston.org.au

Corporate Services

P: (08) 6389 6600 mail@palmerston.org.au

Palmerston is a leading and trusted service improving the lives of people affected by alcohol and other drugs. We put people at the heart of our thinking.

We are committed to working with Aboriginal people in culturally secure ways.

We are committed to working with people from culturally and linguistically diverse communities.

Our services are free, confidential and everyone is welcome.

Why continuing care?

Completing an alcohol or other drug program is a major accomplishment. People often find that in the weeks, months and even years after formal engagement, they can benefit from less formal support. You may wish to participate in activities to maintain the changes you've made and to keep moving forward.

What's next for me after my formal program?

What support might be most helpful? You might want to discuss this with your counsellor:

- do you still need support?
- what kind of support has worked best for you so far?
- who continues to encourage you to be your best self?
- would group work be helpful for you?
- would you value continued support to set new goals?

Continuing care options

- SMART groups
- Telephone based wellness checks
- Information and referrals

SMART groups

Self Management and Recovery Training (SMART) groups are run every week across all of Palmerston's branches. In a supportive group environment, SMART group members are encouraged to set goals. The aim of SMART is to help individuals make choices and changes to lead a life that is meaningful for them.

Telephone wellness checks (TelChecks)

TelChecks is an innovative support program for people who would like to be able to check in on their wellbeing in a supportive environment.

Over a 12 week period, participants engage in weekly phone conversations. During these calls participants work through a series of activities that focus on values and goal setting and have the opportunity to check in with a caring staff member.

