



About us

Oseca is a community based primary healthcare organisation, with a rich history spanning over 30 years. At our core, we believe that empowering individuals to enhance their wellbeing is essential for building thriving communities.

As a dedicated not for profit, community-based organisation, our success is intertwined with the health and wellbeing of our communities, enabling us to contribute positively and meaningfully to the lives of those we serve.

Compassion Respect Integrity Excellence



Contact Us

For more information, please contact the Mental Health Team at Oseca.

📞 1300 680 431

✉️ swprograms@oseca.com.au

🌐 www.oseca.com.au

Acknowledgement of Country

Oseca acknowledges that we provide services on Noongar country. We pay our respects to the people, the cultures and the Elders past and present.

Our Mental Health Services are possible by the Australian Government



Mental Health Service South West

Promoting Positive
Mental Health



What is the program?

We offer free support for individuals facing mental health challenges. Our services include counselling from highly qualified and experienced mental health clinicians, who are here to listen and help you navigate your journey. We also provide advocacy to ensure your voice is heard and offer referrals to other relevant support services as needed.



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Services provided

Our services include access and referrals to a range of suitable interventions, such as:

- Counselling
- Stress and Anxiety Management
- Life Skills Development
- Perinatal Mental Health Support
- Mood Management
- Conflict Resolution & Communication Skills
- Grief and Loss Support

These services are designed to support your mental health and overall wellbeing.

Who is eligible?

Our services are available to individuals who:

- Are diagnosed with, or at risk of developing, a mental health illness
- Hold a current Health Care/Pension Card or are experiencing financial hardship
- Reside in the greater Bunbury or South West regions of Western Australia
- Are not currently in crisis or require urgent assistance

We welcome individuals of all age groups, ensuring everyone can access the support they need to lead healthy, fulfilling lives.



How the services help

Our services provide essential support tailored to your needs, including safe and confidential counselling to navigate personal challenges, practical strategies for stress and anxiety management, and training to enhance daily living skills and independence.

We offer specialized tools to understand and regulate emotions, and skills to resolve conflicts and improve communication.

These services aim to improve your mental and emotional wellbeing, build resilience, and enhance your quality of life. We're here to support you every step of the way.