



## About us

Oseca Health is a community based primary health care 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 our South West Aftercare Services team.

📞 1300 680 431

✉️ [swprograms@oseca.com.au](mailto:swprograms@oseca.com.au)

🌐 [www.oseca.com.au](http://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.

This service is co-commissioned by WAPHA and the Mental Health Commission WA. The service is delivered in partnership with WACHS-South West



Government of Western Australia  
WA Country Health Service



## Aftercare Services Program South West

Supporting recovery after crisis



## What is the program?

We provide free support for up to 90 days, for people who have had a suicide attempt or suicidal crisis and are leaving hospital. Our services supports you, as you return to everyday life.

Our team will connect with you, offering individualised support, and help you link in with services you may need. We want you to be safe and supported, throughout your ongoing journey.

This is not an emergency service. If you are in crisis, call 000 or go to the nearest emergency department. We work with your mental health team and community supports to help you stay connected.



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## Services provided

The Aftercare Services Program (ASP) works closely with public mental health services. Our services provide practical and emotional support tailored to your needs, including:

- **Brief intervention:** Safety planning, information, and practical tools to support self-care and resilience.
- **Psychosocial support:** Regular check-ins with an assigned Care Navigator to support adjustment and planning.
- **Case management:** Support to navigate and link with appropriate medical, psychological, social, and community services to support recovery.

Services are delivered Monday-Friday 8.30am-4.30pm in person where possible, with phone or video support available as needed.

## Who is eligible?

You may be eligible for the Aftercare Services Program if you:

- Are aged 16 years or over
- Have presented to Bunbury Hospital or Busselton Health Campus (or another South West Emergency Department) due to suicidal thoughts, behaviours, or crisis
- Are being discharged from hospital and assessed as safe to receive non-clinical support in a community primary health care setting.

**Oseca's Aftercare Services Program can only receive referrals from South West WACHS Hospitals. External referral pathways are not available for this program.**



## How the services help

If you consent to a referral from the hospital clinician, an Oseca team member will contact you within 48 hours to discuss the program and next steps.

The service provides regular check ins, safety planning, and support to help you adjust after crisis. Support also includes planning and coordination to help connect you with longer term services when needed.

The program is voluntary, and you can choose to discharge from the program at any time.

**Please note, this service does not provide emergency or crisis support.**

**If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.**

Other services include:  
Lifeline: 13 11 14  
Suicide Call Back Service: 1300 659 467