

BRAMS

We care for you...

Assessment, planning and monitoring client goals

Counselling

Advocacy

Internal and external referrals to services

Transport and support to engage with external agencies

Assisting in cultural activities

Facilitating groups including art therapy, music groups, domestic violence support groups



How to Contact Us

Ask to speak to the SEWB team

- 1 Call **08 9194 4800**
- 2 Call **08 9192 1338**
- 3 Call **0437 093 711**
- 4 Drop in and see us at
2 Dora Street Broome WA 6735

www.brams.org.au



The SOCIAL AND EMOTIONAL WELLBEING Program



BRAMS We care for you...

The SOCIAL AND EMOTIONAL WELLBEING Program

The Social and Emotional Wellbeing (SEWB) team provides confidential, culturally responsible and sensitive support services for Aboriginal and Torres Strait Islander people who may be facing challenges in their lives which are impacting upon their social and emotional wellbeing.

! If you or someone you know is struggling, have a confidential yarn with one of our staff members about how BRAMS can help you.

There are many reasons why you may be feeling down:

drug and alcohol addiction; problems at home; relationship worries; money issues; depression and mental health; work stress.

What we do

The SEWB Program provides the following services:

- Assessment, planning and monitoring client goals;
- General counselling;
- Advocacy;
- Internal and external referrals to services;
- Transport and support to engage with external agencies;
- Assisting clients to participate in cultural activities; and
- Facilitating groups to meet community needs, including art therapy, music groups, domestic violence support groups, and more.

The Social Emotional Wellbeing Wheel

BRAMS adopts a person-centred approach guided by our Model of Care. We will work with you using the SEWB wheel, which includes supporting you to tell your story, and helping you identify your needs by reflecting on the 7 areas of your holistic health and wellbeing.



How to Refer

Anyone can be referred to the SEWB program, including the following ways:

- Self-referral by completing a form;
- Internally from a BRAMS GP, Nurse or Aboriginal Health Worker;
- A referral from a school, or other service provider.

Our Team

BRAMS employs a caring and empathetic team, comprising a SEWB Manager, Psychologist, Case Workers and a Social Worker/Art Therapist.