



Zonta House Refuge Association

Safe Supportive Respectful

Crisis Support Services

Emergency Assistance:	000
Police:	13 14 44
Lifeline:	13 11 14
Suicide Call Back Services:	1300 659 467
1800 Respect:	1800 737 732
Crisis Care:	08 9223 1111
Mental Health Emergency Response: ..	1800 555 788
Qlife:	1800 184 527
Eheadspace:	1800 650 890
CPFS Central Intake Team:	1800 273 889

For more information on The Outreach Program:

Contact:	Recovery Support Worker
Mobile:	0426 415 516
Mobile:	0404 835 174
Email:	recoverysupport@zontahouse.org.au



PO Box 3072, Shelley, WA 6148

Ph: 1800 870 149

www.zontahouse.org.au



Zonta House Recovery Support Program

Recovery Support Program

Zonta House provides the Recovery Support Program for women who are experiencing Family and Domestic Violence. The Recovery Support Program supports women who have been impacted by trauma and have worries about mental health, drug and alcohol and general wellbeing concerns.

Our aim is to provide a safe space for you to talk about any concerns you are facing, our team will support you to link in with services in the community and further reduce the impact of Family and Domestic Violence trauma.

The Recovery Support Team works within a holistic, therapeutic, culturally sensitive and trauma informed framework where we walk alongside you to achieve your self-identified needs. With a mixed approach of talk therapy, sensory work such as breathing and grounding as well as therapeutic approaches from DBT, ACT and Narrative Therapy the programs will support you in way that is an individual as you are.

Whilst in the Recovery Support Program, you will be offered assistance to link into community supports, the Recovery Support Workers will help advocate for you to external service and navigate the often complex system of mental health and drug and alcohol supports but referring and link you in with trusted and valued community services in your area.

The Recovery Support Program also offers specialised trauma responses recovery groups to help process and identify the effects of trauma responses on the body and mind and make sense of what is happening for you during this difficult and uncertain time.



We provide support to women wishing to access counselling support by :

- Providing short term informal counselling and support
- Identifying trauma responses and recovery needs
- Supporting you with mental health concerns
- Supporting you with any substance concerns
- Creating a support plan to help other services know how to best support your specific needs
- Learning specific techniques to manage your mental health such as grounding and breathing techniques.
- Working with a holistic, whole body and mind approach to suit your needs,
- Advocating for you with other services
- Referring to relevant support services in your local community
- Referring to specialised trauma response recovery groups

Grounding Exercise for if you are feeling overwhelmed, scared or stress.

- Find a safe space in your environment, placing your feet on the floor and take 3 deep breaths, focusing on your exhale, make this the longest part of the breath.
- Looking around you name 5 things you can see.
- Take another deep breath.
- Name 4 things you can feel.
- Keep taking deep breaths.
- Name 3 things you can hear.
- Time for another deep breath.
- Name 2 things you can smell.
- Name 1 thing you can taste.
- Take a final deep breath, bring your shoulders up to your ears and rolling them back as you breath out.

By connecting to our environment, we can remind our body and mind that we are safe and we are in control of our responses.