



# Step Up/Step Down Services in Western Australia

Step Up/Step Down services provide **support for people experiencing mental health issues**, in a home-like setting close to their community, friends and family.

Step Up/Step Down services provide contemporary, therapeutic mental health care through **short-term residential support and individualised care**, for up to 28 days.

This includes a combination of **psychosocial and clinical services**, to help people manage their mental health, avoid hospitalisation and live well in the community.

**Step Up** services provides support for a person who has received hospital care and no longer requires that level of care, but could benefit from some additional support to help them re-establish themselves in their home and community.

**Step Down** services provide additional support for a person to manage a decline in their mental health, where an admission to hospital is not required.





Government of **Western Australia**  
Mental Health Commission

# Karratha Step Up/Step Down Service

The Karratha Step Up/Step Down **will be a six-bed service**, located on Gregory Way, Bulgarra.

The service will provide **support to people aged 18 years and above in the Pilbara region**, who meet the eligibility criteria and are assessed as suitable for the service. Special exceptions can be made for people aged 16 to 17 years on a case-by-case basis.

The service **will have six individual units**, for each person to live in during their stay of up to 28 days.

There **will be shared indoor and outdoor communal spaces**, where people can come together to relax, share a meal and join in social or group activities.

Richmond Wellbeing is the appointed service provider, and **will offer psychosocial support services**, in partnership with Hope Community Services.

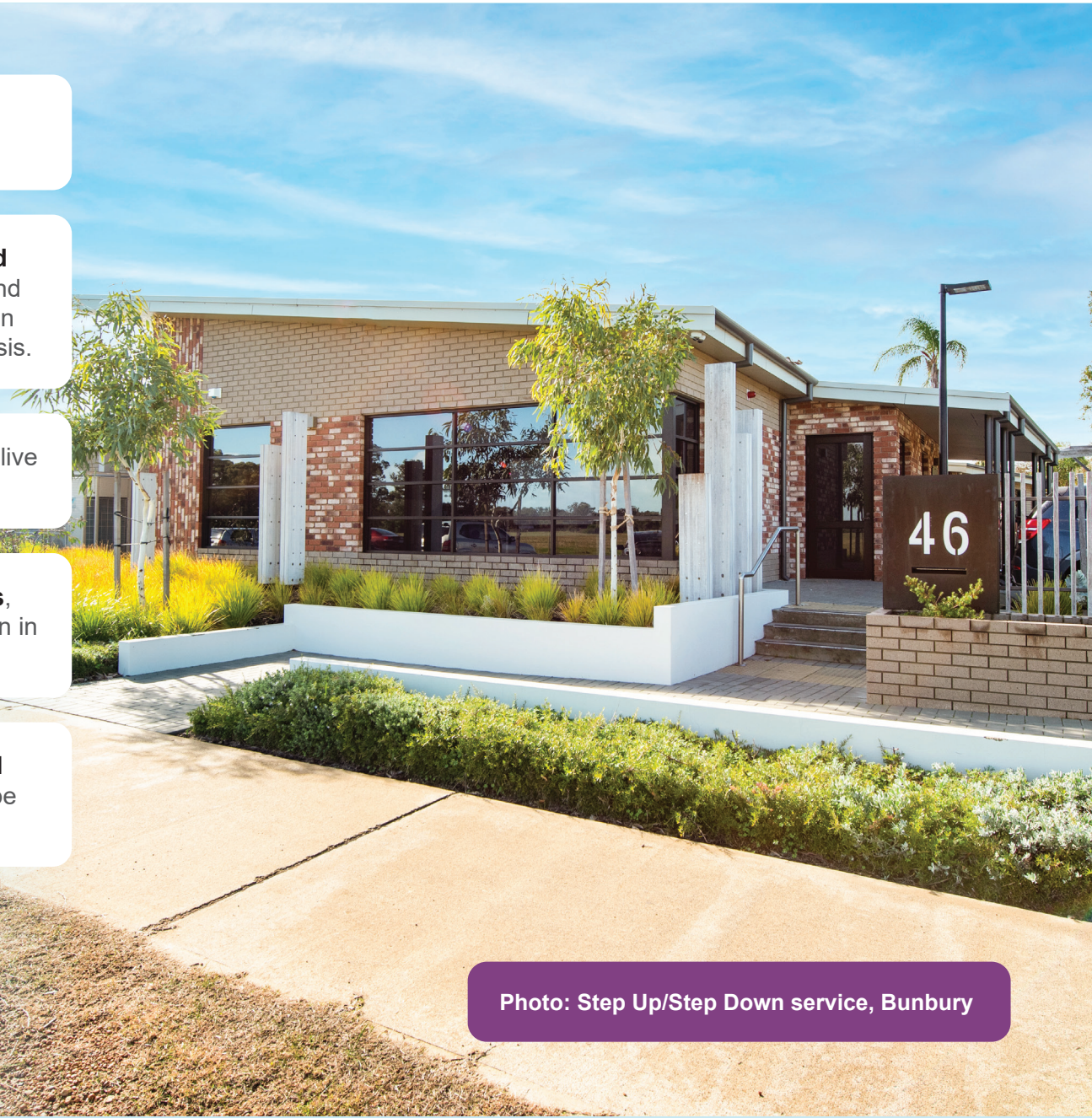


Photo: Step Up/Step Down service, Bunbury





# Karratha Step Up/Step Down Service

The Karratha Step Up/Step Down Service will be co-designed with the local community, stakeholders and other service providers to ensure it is culturally secure, meets the community's needs and achieves good outcomes.

Psychosocial support will include advice and education to help people manage their wellbeing, learn coping strategies, build healthy routines and daily living skills.

WA Country Health Service will provide clinical support services, such as, counselling, nursing, psychiatry and therapies.

People entering the Karratha Step Up/Step Down Service will receive support to help them on their recovery journey. This will include a comprehensive assessment to help people develop and implement their own individualised recovery plan.

A vital part of the service is to support people to participate and re-establish themselves in the community. Residing in the service is voluntary and people are free to come and go, attend work or study, and participate in recreation and social activities.





# Karratha Step Up/Step Down Service Next Steps







# Karratha Step Up/Step Down Service Location







Government of **Western Australia**  
Mental Health Commission

# Karratha Step Up/Step Down Service Concept Design







# Karratha Step Up/Step Down Service Site Plan

