



# Bidi Wungen Kaat Centre

Transitional Care Unit  
journey to a healthy mind

## Fact Sheet



### 1 How common are mental health issues?

Almost half of Australians will experience a mental health issue in their lifetime, with one-in-five people having experienced a common issue such as anxiety in the past 12 months.

Currently, people experiencing mental health issues are faced with a shortage of transitional care services after hospitalisation and when returning back to their lives in the community. At the same time, other people who are currently living in the community and experiencing mental illness can also miss out on the specialised support and treatment they need.

### 2 What is the Bidi Wungen Kaat Centre?

The Bidi Wungen Kaat Centre is an innovative approach to mental health care by the Western Australian government.

It provides a residential service for mental health consumers, while supporting them to return to participating and contributing to their communities. The unique program focuses on meaningfully engaging with and contributing to the community. This includes return to work activities and volunteering.

Community-based care options are shown to provide better long-term outcomes in consumers' mental health recovery.

### 3 How many people will reside there?

The service will accommodate up to 40 adults aged 18-64 years. It will offer residential evidence-based mental health services for those experiencing mental health issues.

Consumer residents will work on individual recovery goals needed for independent living and work or study commitments. Consumers are expected to be on-site on average for two-to-four weeks, with longer stays available for approximately six months.

### 4 Information about the building

The service is located in a fully refurbished and landscaped former residential aged care facility. The décor, rooms, facilities and gardens have been designed to support consumers' recovery journeys, considering feedback from consumer representatives and clinicians.

Dedicated visitor parking and staff parking bays have been allocated, and there is convenient access to public transport links.

5

### What makes this a success?

Bidi Wungen Kaat Centre is a community-based model of care staffed by specialised mental health clinicians and a peer practitioner workforce. It has strong links with the local community, hospital and community-based mental health services, and primary health care, to ensure continuity of care for consumer residents.

The service is recovery-focused and person-centred. It represents a fundamental shift from treating symptoms to coaching people to develop a life of meaning and purpose for themselves.

This service fills an important gap in supporting residents with mental health issues who may require additional supports to transition home from hospital admission or to help them stay in the community and avoid emergency department presentation or hospital admission.

6

### Your support

We anticipate that having consumers recovering from mental health issues living locally will promote social acceptance and inclusion.

We urge the community to embrace the new purpose of what was previously a residential aged-care facility, to now providing care to another important social group in our community.

### Need more information?

Please get in touch to share your questions, feedback and suggestions.

📞 6315 3000

✉️ [TCU@health.wa.gov.au](mailto:TCU@health.wa.gov.au)

👉 [http://emhs.health.wa.gov.au/  
StJamesTransitionalCareUnit](http://emhs.health.wa.gov.au/StJamesTransitionalCareUnit)

Right care  
Right place

