

What's New At



MAKING HEALTH CARE EASY

October - December 2018



233 Lester Avenue  
Geraldton WA 6530

**Contact numbers:**

Panaceum Medical:  
08 9920 8111

Panaceum Allied Health:  
08 9920 8151

Panaceum Industrial Health:  
08 9920 8171

Panaceum Injury Management  
and Fitness Centre:  
08 9920 8151

Culinary HQ @Panaceum:  
08 9920 8170

Optimal Plus Pharmacy:  
08 9921 2156

Clinical Labs Pathology:  
08 9964 6764

**Panaceum Seacrest:**

75 Barrett Drive  
Wandina WA 6530  
08 9923 9999

E-Mail:  
reception@panaceum.com.au

**7-14 October 2018 is  
WA Mental Health Week**

**What is Mental Health?**

Generally speaking, our mental health refers to our state of mind and our ability to cope with the everyday things that are going on around us. Someone with 'good' mental health usually feels capable of dealing with the different everyday situations they find themselves in. When we have a mental illness, this process is often a lot more difficult. Mental illnesses are really common in Australia and about 1 in 4 people between the ages of 14-25 will experience mental illness at some point.

Keep in mind that this is a simplified definition of mental health and that it's totally normal for everyone to have mental health issues - that is, to go through ups and downs. It is only when the difficulties start to hang around for a while and it feels like nothing can make them go away that they may be considered a mental illness.

Diagnosing a mental illness is no easy task as there are a huge range of factors that need to be considered. Some of the things that may contribute to mental health issues are: biological (genetic) factors, traumatic life events, internal factors like thoughts and feelings, drug and alcohol abuse.



**Staff Member Profile**

**Name:** Stella  
**Position:** Enrolled Nurse

**How long have you been working at Panaceum?**  
3 months.

**What do you enjoy most about working at Panaceum?** The lovely staff who are so welcoming and seeing their passion for improving the overall health of the Geraldton community.

**Favourite thing about Geraldton?** Having access to everything without being in Perth.

**What occupies your spare time?** Spending time with loved ones.

**Favourite food?** Fried Chicken.

**Ultimate holiday destination?** The Greek Islands.

**Favourite music?** Anything sung by Hozier.

**Which 3 people; living, fictional or dead would you invite to a dinner party?** Any of the cast from Friends.

**How to look after your Mental Health**

Although mental illnesses are not always avoidable, there are some simple things that we can do all year round to look after our mental health:

- exercise (it releases endorphins which can improve your mood)
  - surround yourself with supportive people
  - put aside some time every day to relax
  - do the things that you enjoy doing
  - stay in touch with your friends and family

Have a look here: <https://www.actbelongcommit.org.au>



Mentally Healthy WA

**What can I do now?**

Have a look at some ways to relax; check in with a friend to see how they're doing. Remember that mental health is just as important as physical health.

Visit us & book online at  
[www.panaceum.com.au](http://www.panaceum.com.au)

## Drug & Alcohol Counselling at Panaceum

Did you know the Mid-West Mental Health Community Drug and Alcohol Service is now available onsite at the Panaceum?

Not many people can say they've never been affected by alcohol or even used drugs.

Sometimes this can get out of control and cause multiple problems. Drug and Alcohol use affects all members of society and talking to a trained person can be beneficial.

The Mid-West Mental Health and Community Drug and Alcohol Service is now providing counselling at the Panaceum. It's free, confidential and with a qualified counsellor. If you're worried about yourself, or someone you care about, speak to your doctor or call **9956 2424** to book a session.

### What is a Standard Drink?



### Alcohol – Things to Remember:

- Some people are more at risk of the effects of alcohol; this can include young people, women, the elderly, people with mental health problems and people on medication.
- Your risk will be elevated if you drink in dangerous situations such as while driving, fishing or boating.
- There is no safe level for drinking during pregnancy.

### [Panaceum Injury Management and Fitness Centre](#)

**Taking care of your Mental Health through exercise and supportive people.**

#### ACT:

Start your day well with our **Personal Trainer** Donna - individual or group sessions from 5.30am weekdays.

#### BELONG:

Join our group classes that are gentle, fun and interactive: **Yoga** with Aneak, **Pilates** with Katarina or **Exercise Circuits** with Physio's Tom or Fiona.

#### COMMIT:

Set your individual fitness plan with **Exercise Physiologist** Shelley Jones.

Or enjoy a relaxing **Massage** from Kylie-Rose.



For details please call our friendly team on **9920 8151**

### Check out the Panaceum Website

Features include:  
Online Bookings  
Online Script Requests  
New Doctor Pages  
Panaceum Blog  
Information about all our departments and the services we provide.

[www.panaceum.com.au](http://www.panaceum.com.au)

 [Find us on Facebook.](#)

### Panaceum Saturday Clinic



8.30am - 12.00pm  
Bookings and urgent on the day appointments available  
Call **Panaceum Medical** on **9920 8111**

### Panaceum Allied Health Specialists

**Lara Reynolds** - Podiatrist  
**Terri Quinlan** - Dietician  
**Fiona Shanks** - Physiotherapist  
**Tom Knight** - Physiotherapist  
**Tarquin Stone** - Physiotherapist  
**Shelley Jones** - Exercise Physiologist

For all enquiries or to schedule an appointment please contact Panaceum Allied Health on **9920 8151**



### Travelling Overseas?

Come in and see our specially trained Travel Doctor. Dr Elly Sloomans can provide you with up-to-date pre- and post-travel information, vaccinations and medications to help reduce your risk of illness whilst overseas.  
Call the **Panaceum Travel Clinic** on **9920 8111**