

# face to face

## ALL AGES

### HelpingMinds

9427 7100  
3056 Albany Hwy, SEVILLE GROVE 6112  
Free support to the family and friends of people living with mental health challenges.

### Palmerston

9399 5344  
210 – 220 Jull Street Mall, ARMADALE 6112  
Free alcohol and drug counselling.

### Anglicare Counselling

1300 11 44 46  
Gosnells Community Lotteries House,  
Suite 9 Level 1, 2232C Albany Hwy, GOSNELLS 6110  
Provides counselling by trained professionals who can assist with a wide variety of issues for individuals, couples or families.

### HOPE Community Services

9497 9498  
Unit 56, 1 Fourth Road, ARMADALE 6112  
Mental Health and AOD Counselling Services

### Women's Health and Wellbeing Service

9490 2258  
Suite 7, Level 1 Gosnells Community Lotteries House  
2232c Albany Highway, GOSNELLS 6110  
Free family counselling.

### Phoenix Support and Advocacy Service

9443 1910  
404 Wqalcott St, COOLBINIA 6050  
Support and counselling for survivors of child sexual abuse



## 12-25

### Culturally Diverse Psychology Clinic

1800 935 483  
LEEDERVILLE, MIRRABOOKA, LANGFORD (phone contact for perth metro)  
Free mental health service that provides short term, culturally sensitive, and evidence-based counselling to people from culturally and linguistically diverse backgrounds

### DAYS

9222 6300  
Free service providing short-stay detox program for youth struggling with alcohol and drug misuse.

### Youth Focus

6266 4333  
<https://youthfocus.com.au/what-we-do/youth-counselling/>  
Operates a free, face-to-face and web-based professional counselling service for young people

### Lynks Counselling

9328 3522  
Youth and family counselling service of YMCA Perth. Lynks provides counselling and support to young people aged 15-25 years and families for a range of issues

### SHIFT - Mission Australia

08 6212 8700  
Youth alcohol and drug outreach service. Providing support for young people experiencing AOD use or related mental health issues.

## OVER 18

### Head to Health

1800 595 212  
65 Church Ave, Armadale WA 6112  
Mental Health Services



## UNDER 18

Minnawarra House  
9497 1413  
[minnahouse.org.au/](http://minnahouse.org.au/)  
24 Numulgi St, ARMADALE 6112  
Youth and family counselling.

### WANSLEA Cusp Program

9245 2441  
Outreach based support service for children and young people at risk of, or showing early signs of developing a mental health issue.

### CSATS

1300 11 44 46  
Gosnells Community Lotteries House, Suite 9 Level 1 2232c Albany Hwy, GOSNELLS 6110  
Support to young people and non-offending family members of sexual abuse

## ABORIGINAL AND TORRES STRAIT ISLANDER

### Wungening

6558 1000  
<https://www.wungening.com.au/>  
Unit 11/ 49 William St, ARMADALE 6112  
Provides culturally secure, confidential and free services to Aboriginal people (8.30am-5pm M-F).

## LEGAL SUPPORT

### Gosnells Community Legal Centre

9398 1455  
<https://gosclcl.com.au/our-services/>  
Gosnells Lotteries House,  
1/ 2232 Albany Hwy GOSNELLS 6110  
Confidential, non-judgemental info and advice. Assistance provided is targeted at lower income earners

## online support

## ONLINE RESOURCES

### Youth Law Australia

9067 6510  
[yla.org.au/about-us/](http://yla.org.au/about-us/)  
National, technology-based community legal service.

### ehespace

1800 650 890 (7am - 11pm)  
[ehespace.org.au](http://ehespace.org.au)  
Online counselling on the spot.

### qlife

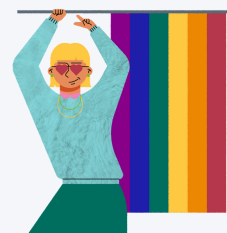
1800 184 527  
[qlife.org.au](http://qlife.org.au)  
Support for LGBTQIA+ young people.

### Butterfly Foundation

1800 334 673 (8am-12am)  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)  
Information, web counselling, phone support and referrals for people concerned about eating disorders.

### MoodGym

[moodgym.anu.edu.au/welcome](http://moodgym.anu.edu.au/welcome)  
Provides a free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety



## online therapy

## MENTAL HEALTH CARE PLAN NEEDED



Someone Health  
[someone.health](http://someone.health)  
Bulk billed counselling with Medicare.

MindSpot  
[mindspot.org.au](http://mindspot.org.au)  
Supporting adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

## phone

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

### 1800RESPECT

1800 737 732  
Sexual assault, family and domestic violence counselling line.

### Safe Steps

1800 015 188  
Helpline for domestic and psychological/ emotional abuse.

## DRUGS AND ALCOHOL

### Family Drug Support

1300 368 186  
24/7 support line for families affected by alcohol and drug issues.

## GRIEF

### Grief Line

1300 845 745  
For anyone experiencing grief and loss across Australia.

## ABORIGINAL AND TORRES STRAIT ISLANDER

### Yarning SafeNStrong

1800 959 563  
24/7 National helpline for Aboriginal and Torres Strait Islanders.

### Dardi Munwurro

1800 435 799  
Support for Aboriginal men who need someone to talk to when struggling.

### Thrilli

1800 805 801  
supports Indigenous individuals, families, and communities affected by suicide or other significant trauma (24/7).

## FAMILY/ CHILD PROTECTION

### Family Relationship Advice Line

1800 050 321  
Helps families affected by relationship or separation issues.



### Blue Knot

1300 657 380  
Information and support for anyone affected by complex trauma.

### Carer's Gateway

1800 422 737  
For support, advice, counselling, or help while caring for someone.

### Mensline Australia

1300 789 978  
24/7 support for men and boys who are dealing with family and relationship difficulties.

### Crisis Care Helpline

1800 437 348  
Prioritises child protection concerns. Information, advice, support and intervention for people in crises and needing urgent help.

## OTHER

### CoMHW Peer Pathways

9258 8911  
Confidential navigation helpline for any age (9am-5pm, M-F).

### Friendline

1800 424 287  
Support line for lonely people.

### Youth Beyond Blue

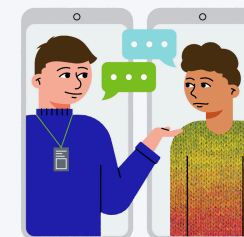
1300 224 636  
24/7 phone counselling for mental health

### Amaze

1300 308 699  
Autism support line.

### Peer Care Companion Warmline

1800 77 7337  
Suicide prevention warmline. Leave a voicemail and they will call you back.



## parenting

### PREGNANCY

#### PANDA

1300 726 306

Supports women, men and families affected by anxiety and depression during pregnancy, and in the first year of parenthood.

#### Pregnancy Problem House

1300 200 406

Specializes in helping women and couples find solutions. Offers non-judgmental understanding, accurate information, and personalised care

### COUNSELLING/ SUPPORT



Parenting WA  
6279 1200  
28 Alvan St, MOUNT LAWLEY 6050  
Parenting counselling service.

Meerilinga  
9489 4022  
[meerilinga.org.au/parenting-courses-services/](http://meerilinga.org.au/parenting-courses-services/)  
Support services for parents with kids under the age of 18 years old.

Ngala  
9368 9368  
[www.ngala.com.au/](http://www.ngala.com.au/)  
Parenting line, consultations and various programs.

### OTHER

#### Family Support Network

1300 038 850

2302-2308 Albany Hwy, GOSNELLS 6110

Provides assessment and coordination of services to support families and individuals to meeting their goals and keep children safely at home.

#### Grandcare

1800 008 323

[wanslea.asn.au/children-and-family/grandcare/](http://wanslea.asn.au/children-and-family/grandcare/)

Information and support service for grandparents.

#### Parents Beyond Breakup

1300 853 437

Supports parents experiencing trauma related to family breakdown and separation.

### ONLINE SUPPORT

#### Raising Children Network


[raisingchildren.net.au](http://raisingchildren.net.au)


Provides parenting videos, articles and apps backed by Australian experts.




## helpful apps


### SELF HARM/ SUICIDAL THOUGHTS


 **Calm Harm**  
Managing self-harm urges.

 **ReMinder**  
Suicide safety plan.


### ANXIETY

 **Mind Shift**  
Learn anxiety coping strategies.


 **Clear Fear**  
Coping strategies for anxiety.

 **Reach Out Worry Time**  
Learn to control worries.


### DEPRESSION


 **Move Mood**  
Managing behaviours linked with depression.

### ANGER


 **Angrrr**  
Options for immediate anger and managing urges.

### BREATHING/ MEDITATION

 **Breathe**  
Breathing techniques to relax and focus.

 **Smiling Mind**  
Meditation.

### FOR FAMILY MEMEBERS

 **Combined Minds**  
For family/ friends who want to help in the right way.

## DISCLAIMER

If you are in need of immediate support,  
please contact one of the following numbers:

Emergency  
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Lifeline WA  
13 11 14

Kids Line  
1800 55 1800



# MENTAL HEALTH Resources (NON-CRISIS)

