

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

26 Prospect Rd, 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

OVER 18

Head to Health

1800 595 212

65 Church Ave, Armadale WA 6112

Mental Health Services

DAYS

9222 6300

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

UNDER 18

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.

Minnawarra House

9497 1413

minnhouse.org.au/

24 Numulgi St, ARMADALE 6112

Youth and family counselling.

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



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://gosnells.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/

National, technology-based community legal service.

eheadspace

1800 650 890 (7am - 11pm)

eheadspace.org.au

Online counselling on the spot.

qLife

1800 184 527

qlife.org.au

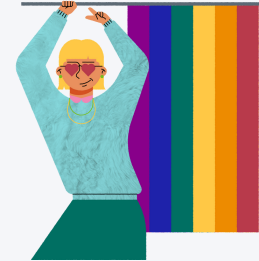
Support for LGBTQIA+ young people.

Butterfly Foundation

1800 334 673 (8am-12am)

thebutterflyfoundation.org.au

Information, web counselling, phone support and referrals for people concerned about eating disorders.



online therapy

MENTAL HEALTH CARE PLAN NEEDED

Someone Health

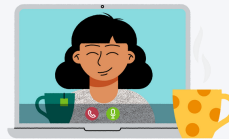
someone.health

Bulk billed counselling with Medicare.

MindSpot

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

Youth Beyond Blue

1300 224 636

24/7 phone counselling for mental health

Friendline

1800 424 287

Support line for lonely people.

CoMHW Peer Pathways

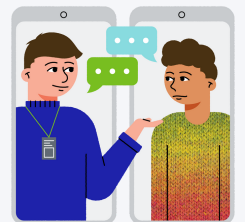
9258 8911

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

Amaze

1300 308 699

Autism support line.



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/
Support services for parents with kids under the age of 18 years old.

Ngala
9368 9368
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/

Information and support service for grandparents.

Parents Beyond Breakup

1300 853 437

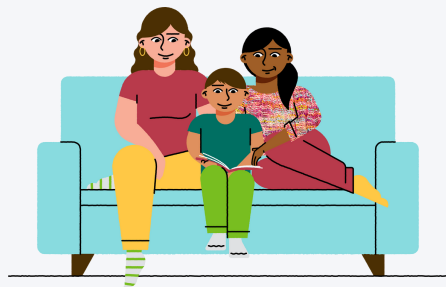
Supports parents experiencing trauma related to family breakdown and separation.

ONLINE SUPPORT

Raising Children Network


raisingchildren.net.au


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


 **Angr**
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
000

Lifeline WA
13 11 14

Kids Line
1800 55 1800



MENTAL HEALTH Resources (NON-CRISIS)

