

Lower Mental Health Support Phone, Web & Apps

Kids Helpline

5-25 yrs | Online & phone counselling

www.kidshelpline.com.au/get-help/webchat-counselling

1800 551 800

13YARN

ATSI focused crisis support
13 92 76 (24 hours)

Freedom Centre

Specific services for young LGBTIQA+ | Safe social space | Peer support Referral & info services available
Leederville 0419 945 219 or 0451 459 389 (3-9pm)

Beyond Blue

Online counselling
Youth discussions
Phone counselling
1300 224 636 (24 hours)

Smiling Mind

An app for managing stress & anger | Promoting positivity & relaxation
www.smilingmind.com.au

Mood Mission

App for depression/ anxiety/relaxation
www.moodmission.com

Mensline Australia

Counselling service for men with family & relationship concerns
1300 789 978

School Psych

Early intervention
Counselling
Referral agent
Refer to school

Lifeline

Online & phone counselling
www.lifeline.org.au/crisis-chat
13 11 14 (24 hours)

Beyond Now

App for suicide safety
www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning

Reachout

Online discussions apps
Resource hub for youth issues
www.reachout.com

eheadspace

12-25 yrs | Online & phone counselling
www.eheadspace.org.au
1800 650 890

RightByYou

Practical resources & information on what to do when a friend expresses thoughts of suicide.
www.rightbyyou.org.au

School Chaplain

Early intervention
Informal counselling
Refer to school

Medium Mental Health Support

headspace

Early intervention | 12-25 yrs | Counselling service | Wellbeing centre | AOD support

METRO AND RURAL LOCATIONS
Google for phone numbers

Mental Health Treatment Plan

Counselling | Specialised needs | Psychological needs
Using a mental health plan from a GP young people are able to access a range of mental health professionals & services

Google for your local GP

Youth Focus

12-25 yrs | Priority to suicide risk & self-harm | Long-term service
Mentoring/peer support programs
ALBANY | BUNBURY | PEEL
BURSWOOD | GERALDTON
MANDURAH | MIDLAND
6266 4333

North Metro Community Drug & Alcohol Service

Specialist drug & alcohol counselling
Options for rehab
Joondalup 9301 3200
Warwick 9246 6767

NGATTI House

17-22 yrs | Medium-term accommodation
Clinical support
Overcoming social barriers
Fremantle 9432 1100

Complex & Acute Mental Health Support

Emergency

Acute | Life threatening | Police | Fire
Ambulance
000 (24 hours / 7 days)

Emergency Department

Multiple locations
Check online for locations

CAMHS Crisis Connect

Specialist information phone service
Urgent mental health issues
1800 048 636 (24 hours / 7 days)

MHERL Mental Health Emergency Response Line

Provides assessments | Rapid response
Specialist interventions (24 hours)
Perth 1300 555 788 | Peel 1800 676 822

Amber Youth Wellness

12-25 yrs | Outreach support
Family counselling
case management
1800 800 046

SHIFT

12-25 yrs | AOD support
Early intervention
Counselling service
Psychology | Ongoing support
Northbridge 6212 8700

DAYS

12-18 yrs | Drug & Alcohol service | Counselling | Detox
therapeutic care
Long-term support | Rehab
East Perth 9222 6300

NEAMI

Rehabilitation & recovery support
Skill development & social contact
Group programs & individual support
Joondalup 9301 1227

Higher Mental Health Support

EMyU

16-24 yrs | 24/7 inpatient service | Complex & acute mental health issues | Early episode interventions
Bentley 9416 3666

headspace Early Psychosis

12-25 yrs | First episode Psychosis Ultra high-risk
Family history of psychosis
Self-referral available
Joondalup 9301 8900
Osborne Park 9208 9555
Midland 9274 8860

CAMHS Child Adolescents Mental Health Service

Under 18 | Referrals from professionals | Multi-disciplinary service for mental health support
ARMADALE | BENTLEY | CLARKSON
FREMANTLE | HILARYS | PEEL
SHENTON | ROCKINGHAM
SWAN | WARWICK
Google for phone numbers

Youth Axis / YouthLink /

YouthReach South

13-24 yrs | Self-referral | Complex issues
Long-term support
Triage 1300 362 569, Subiaco 9287 5700
Northbridge 9227 4300, Success 9431 4700



Centrecare

12-18 yrs | Counselling service
Wellbeing centre | AOD support
JOONDALUP | MIDLAND
OSBOURNE PARK | ARMADALE
FREMANTLE | ROCKINGHAM
ALBANY | ESPERANCE
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