

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)

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

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

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

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

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

Suicide Call Back Service
Phone & online counselling
1300 659 467 (24 hours)

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

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

The Samaritans Crisis Line
24/7 crisis support
13 52 47

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

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

School Psych
Early intervention
Counselling
Referral agent
Refer to school

School Chaplain
Early intervention
Informal counselling
Refer to school

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

Medium Mental Health Support

headspace
Early intervention | 12-25 yrs | Counselling service | Wellbeing centre | AOD support
METRO AND RURAL LOCATIONS
Google for phone numbers

Momentum QP
16 - 24 yrs | Mental health support with or without co-occurring AOD issues Psychosocial support
Transitional support to safe & secure accommodation
Queens Park 1800 742 466

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

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

Higher Mental Health Support

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

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

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

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

North Metro Community Drug & Alcohol Service
Specialist drug & alcohol counselling
Options for rehab
Joondalup 9301 3200
Warwick 9246 6767

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

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

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

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

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

