

Lower Mental Health Support
Phone, Web & Smartphone Apps

Reach Out Breathe
An app for managing anxiety
rau.reachout.com/tools-and-apps

Freedom Centre
Specific services for young LGBTIQ+ | Safe social space
Peer support | Referral & info services available
NORTHBRIDGE 9228 0354 or 9482 0000

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

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

Kids Help Line
5-25 yrs | Online & phone counselling
www.kidshelpline.com.au/get-help/webchat-counselling
1800 551 800

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

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

School Chaplain
Early intervention
Informal counselling
Refer to school

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

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

School Psych
Early intervention
Counselling
Referral agent
Refer to school

Lifeline WA
Phone counselling
13 11 14 (24 hours)

Medium Mental Health Support

headspace
Early intervention | 12-25 yrs
Counselling service | well-being centre | AOD support
ALBANY | ARMADALE | BROOME | BUNBURY | CANNINGTON | FREMANTLE | GERALDTON | JOONDALUP | KALGOORLIE | MANDURAH | MIDLAND | OSBORNE PARK | PILBARA | ROCKINGHAM
Google for phone numbers

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

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

Mental Health Plan
Counselling | Specialised needs
Psychological needs
Occupational Therapy
Using a mental health plan from a GP young peoples are able to access a range of mental health professionals & services
Google for your local GP

North Metro Community Drug & Alcohol Service
Specialist drug & alcohol counselling | options for rehab
Joondalup 9300 3200
Warwick 9246 6767

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

MercyCare Youth Service
12-18 yrs | Family counselling case management
1800 800 046

Higher Mental Health Support

Youth Axis / YouthLink / YouthReach South
13-24 yrs | Self-referral | Complex issues | Long-term support
Triage 1300 362 569
Northbridge 9227 4300
Success 9499 4274

hEP headspace Early Psychosis Program
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 Adolescent 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

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

MHERL Mental Health Emergency Response Line
Provides assessments
Rapid response | Specialist interventions
1300 555 636

