

Lower Mental Health Support
Phone, Web & Smartphone Apps

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

School Chaplain
Early intervention
Informal counselling
Refer to school

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

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

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

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

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

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

School Psych
Early intervention
Counselling
Referral agent
Refer to school

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
lifeline.org.au/crisis-chat
13 11 14 (24 hours)

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 and secure accommodation
Queens Park 9350 8800

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

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

Mental Health Plan
Counselling | Specialised needs
Psychological needs
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 | MANDURAH | MIDLAND
6266 4333

SHIFT
12-25 yrs | AOD support | Early intervention | Counselling service
Psychology | Ongoing support
Northbridge 0862128700

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 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


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



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