

**Lower Mental Health Support**  
Phone, Web & Smartphone Apps

**Reach Out Breathe**  
An app for managing anxiety  
[rau.reachout.com/tools-and-apps](http://rau.reachout.com/tools-and-apps)

**Reachout**  
Online discussions apps  
Resource hub for youth issues  
[reachout.com](http://reachout.com)

**Freedom Centre**  
Specific services for young LGBTIQ+ | Drop-in sessions  
informal counselling | 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](http://www.smilingmind.com.au)

**Beyond Now**  
App for suicide safety  
Completion with professional  
[www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://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](http://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)**

**School Chaplain**  
Early intervention  
Informal counselling  
Refer to school

**eheadspace**  
12-25 yrs | Online & Phone counselling  
[eheadspace.org.au](http://eheadspace.org.au)  
**1800 650 890**

**Mood Mission**  
App for depression/anxiety /relaxation  
[moodmission.com](http://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  
BROOME | BUNBURY  
GERALDTON | KALGOORLIE  
MANDURAH | ARMADALE  
JOONDALUP | MIDLAND  
PILBARA | FREMANTLE  
ROCKINGHAM | ALBANY  
OSBOURNE PARK  
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**

**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

**Acute Services CAMHS**  
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**

**Higher Mental Health Support**

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

**hYEPP** headspace Youth 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

