

<p><b>Lower Mental Health Support</b> Phone, Web &amp; Apps</p> <p><b>Kids Helpline</b> 5-25 yrs   Online &amp; phone counselling <a href="http://www.kidshelpline.com.au/get-help/webchat-counselling">www.kidshelpline.com.au/get-help/webchat-counselling</a> 1800 551 800</p> <p><b>13YARN</b> ATSI focused crisis support 13 92 76 (24 hours)</p>	<p><b>Freedom Centre</b> Specific services for young LGBTIQ+   Safe social space   Peer support Referral &amp; info services available <b>Leederville 0419 945 219 or 0451 459 389 (3-9pm)</b></p> <p><b>Lifeline</b> Online &amp; phone counselling <a href="http://lifeline.org.au/crisis-chat">lifeline.org.au/crisis-chat</a> 13 11 14 (24 hours)</p>	<p><b>Beyond Blue</b> Online counselling Youth discussions Phone counselling <b>1300 224 636 (24 hours)</b></p> <p><b>Beyond Now</b> App for suicide safety <a href="http://www.beyondblue.org.au/getsupport/beyondnow-suicide-safety-planning">www.beyondblue.org.au/getsupport/beyondnow-suicide-safety-planning</a></p>	<p><b>Smiling Mind</b> An app for managing stress &amp; anger   Promoting positivity &amp; relaxation <a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a></p> <p><b>Reachout</b> Online discussions apps Resource hub for youth issues <a href="http://reachout.com">reachout.com</a></p> <p><b>Suicide Call Back Service</b> Phone &amp; online counselling <b>1300 659 467 (24 hours)</b></p>	<p><b>Mood Mission</b> App for depression/ anxiety/relaxation <b>moodmission.com</b></p> <p><b>ehedspace</b> 12-25 yrs   Online &amp; phone counselling <a href="http://ehedspace.org.au">ehedspace.org.au</a> <b>1800 650 890</b></p> <p><b>The Samaritans Crisis Line</b> 24/7 crisis support <b>13 52 47</b></p>	<p><b>Mensline Australia</b> Counselling service for men with family &amp; relationship concerns <b>1300 789 978</b></p> <p><b>RightByYou</b> Practical resources &amp; information on what to do when a friend expresses thoughts of suicide. <a href="http://www.rightbyyou.org.au">www.rightbyyou.org.au</a></p>	<p><b>School Psych</b> Early intervention Counselling Referral agent <b>Refer to school</b></p> <p><b>School Chaplain</b> Early intervention Informal counselling <b>Refer to school</b></p>
<p><b>Medium Mental Health Support</b></p> <p><b>headspace</b> Early intervention   12-25 yrs Counselling service   Wellbeing centre   AOD support METRO AND RURAL LOCATIONS Google for phone numbers</p> <p><b>Momentum QP</b> 16 - 24 yrs   Mental health support with or without co-occurring AOD issues Psychosocial support Transitional support to safe &amp; secure accommodation <b>Queens Park 1800 742 466</b></p> <p><b>Centrecare</b> 12-18 yrs   Counselling service Wellbeing centre   AOD support JOONDALUP   MIDLAND OSBOURNE PARK   ARMADALE FREMANTLE   ROCKINGHAM ALBANY   ESPERANCE Google for phone numbers</p>	<p><b>Mental Health Treatment Plan</b> 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 &amp; services Google for your local GP</p> <p><b>Amber Youth Wellness</b> 12-18 yrs   Outreach support Family counselling case management <b>1800 800 046</b></p>	<p><b>Youth Focus</b> 12-25 yrs   Priority to suicide risk &amp; self-harm   Long-term service Mentoring/peer support programs ALBANY   BUNBURY   PEEL BURSWOOD   GERALDTON MANDURAH   MIDLAND <b>6266 4333</b></p> <p><b>SHIFT</b> 12-25 yrs   AOD support Early intervention Counselling service Psychology   Ongoing support <b>Northbridge 6212 8700</b></p>	<p><b>North Metro Community Drug &amp; Alcohol Service</b> Specialist drug &amp; alcohol counselling Options for rehab <b>Joondalup 9301 3200</b> <b>Warwick 9246 6767</b></p> <p><b>DAYS</b> 12-18 yrs   Drug &amp; Alcohol service   Counselling   Detox therapeutic care Long-term support   Rehab <b>East Perth 9222 6300</b></p>	<p><b>NGATTI House</b> 17-22 yrs   Medium-term accommodation Clinical support Overcoming social barriers <b>Fremantle 9432 1100</b></p> <p><b>NEAMI</b> Rehabilitation &amp; recovery support Skill development &amp; social contact Group programs &amp; individual support <b>Joondalup 9301 1227</b></p>	<p><b>Complex &amp; Acute Mental Health Support</b></p> <p><b>Emergency</b> Acute   Life threatening   Police   Fire Ambulance <b>000 (24 hours / 7 days)</b></p> <p><b>Emergency Department</b> Multiple locations Check online for locations</p> <p><b>CAMHS Crisis Connect</b> Specialist information phone service Urgent mental health issues <b>1800 048 636 (24 hours / 7 days)</b></p> <p><b>MHERL Mental Health Emergency Response Line</b> Provides assessments   Rapid response Specialist interventions (24 hours) <b>Perth 1300 555 788   Peel 1800 676 822</b></p>	
<p><b>Higher Mental Health Support</b></p> <p><b>EMyU</b> 16-24 yrs   24/7 inpatient service   Complex &amp; acute mental health issues   Early episode interventions <b>Bentley 9416 3666</b></p>	<p><b>headspace Early Psychosis</b> 12-25 yrs   First episode Psychosis Ultra high-risk Family history of psychosis Self-referral available <b>Joondalup 9301 8900</b> <b>Osborne Park 9208 9555</b> <b>Midland 9274 8860</b></p>	<p><b>CAMHS Child Adolescents Mental Health Service</b> 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</p>	<p><b>Youth Axis / YouthLink / YouthReach South</b> 13-24 yrs   Self-referral Complex issues   Long-term support <b>Triage 1300 362 569, Subiaco 9287 5700</b> <b>Northbridge 9227 4300, Success 9431 4700</b></p>			