

# HAVING A CONVERSATION ABOUT MENTAL HEALTH

## RESOURCES FOR FAMILIES AND COMMUNITY



### COUNSELLING SERVICES

### PHONE

### WEBSITE

Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au eheadspace.com.au
YouthLink Youth Reach South	1300 362 569	youthlink.perthwa.net
Helping Minds	1800 811 747	helpingminds.org.au
<b>Child &amp; Adolescent Mental Health Service [CAHMS]</b> pmh.health.wa.gov.au/generalCAHMS/community.htm		

### CRISIS SERVICES

### PHONE

### WEBSITE

Mental Health Emergency	1300 555 788 Metro	nmahsmh.health.wa.gov.au
Response Line [24 hrs]	1800 676 822 Peel 1800 720 101 TTY	
RuralLink	1800 552 002	mhc.wa.gov.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservices.org.au
Sexual Assault Resource Centre	1800 199 888	kemh.health.wa.gov.au/services/sarc
[S.A.R.C.] Crisis Line [24 hrs]	9340 1828	
Beyond Blue - Info Line [24 hrs]	1300 224 636	beyondblue.org.au
PMH Acute Response Team	1800 048 636	cahs.health.wa.gov.au
Crisis Care [24 hrs]	9223 1111 Metro or 1800 199 088 Country	dcp.wa.gov.au/crisisandemergency/pages/crisiscare.aspx

### ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com

### AWESOME APPS

Download these Apps for free in iTunes or Google Play

Smiling Mind	HabitBull
Reachout Worry Time	Mindshift
What's Up? A Mental Health App	Super Better
YouthBeyondBlue - The Check-In	Mood Mission