

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
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/mental-health

CRISIS SERVICES

	PHONE	WEBSITE
CAMHS Urgent Assistance Line [24 hrs] (Under 18's)	1800 048 636	camhs.health.wa.gov.au
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	suicidecallbackservice.org.au
Sexual Assault Resource Centre [S.A.R.C.] Crisis Line [24 hrs]	1800 199 888 9340 1828	kemh.health.wa.gov.au/services/sarc
Beyond Blue - Info Line [24 hrs]	1300 224 636	beyondblue.org.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