

YOUNG PEOPLE SUPPORT SERVICES

CRISIS NUMBERS

Mental Health Emergency Response Line (24 hrs)	1300 555 788 (Metro) 1800 676 822 (Peel)
RuralLink (Rural Communities)	1800 552 002
Lifeline WA (24 hrs)	13 11 14 www.lifeline.org.au
Kids Helpline (24 hrs)	1800 551 800 www.kidshelp.com.au
Suicide Call Back Service (24 hrs)	1300 659 467 www.suicidecallbackservice.org.au
Sexual Assault Resource Centre (S.A.R.C) Crisis Line (24 hrs)	9340 1828 1800 199 888
Crisis Care (24 hrs)	9223 1111 (Metro) 1800 199 088 (Country - Free Call)
Beyondblue – Info Line (24 hrs)	1300 224 636
Alcohol and Drug Info Service (24 hrs)	9442 5000 1800 198 024 (Country – Free Call)
PMH Acute Response Team (Under 16 years)	1800 048 636

FACE-TO-FACE COUNSELLING

Youth Focus (no cost 12 to 25 years)	6266 4333 youthfocus.com.au
Headspace (no cost 12 to 25 years)	9274 8860 www.headspace.org.au
Child and Adolescent Mental Health Service (CAMHS) (no cost under 18 years)	Contact your local CAMHS community clinic www.pmh.health.wa.gov.au/generalCAMHS/ community.htm
YMCA Lynks (15 to 25 years)	9328 3522 / 9328 3566 www.hq.org.au
YouthLink Youth Reach South (13 to 24 years)	1300 362 569 www.youthlink.perthwa.net
Anglicare WA	9263 2050 (Metro) 1800 812 511 (Country - Free Call) www.anglicarewa.org.au/
Centrecare	9325 6644 www.centrecare.com.au
Relationships Australia	9489 6313 www.wa.relationships.com.au
Holyoake Drug and alcohol counselling service for those affected by substance use and their families.	9416 4444 www.holyoake.org.au
Helping Minds (formerly ARAFMI) Support and services for children, youth, adults and families who are caring for someone with mental illness.	9427 7100 (Metro) 1800 811 747 (Country - Free Call) helpingminds.org.au

ONLINE COUNSELLING

Kids Helpline	www.kidshelp.com.au
Headspace	www.eheadspace.org.au
Youth Beyond Blue	www.youthbeyondblue.com
Lifeline	www.lifeline.org.au
Suicide Call Back Service	www.suicidecallbackservice.org.au
Relationships Australia	www.nsw.relationships.com.au

FREE ONLINE SELF-HELP PROGRAMS

MoodGYM (Developed by the Australian National University - ANU) Cognitive – behavior therapy for depression	https://moodgym.anu.edu.au
e-couch (Developed by the ANU) Modules for anxiety, depression, grief and anger	https://ecouch.anu.edu.au

MENTAL HEALTH WEBSITES

Bite Back / Black Dog Institute Discover ways to amplify the good stuff in life, check & track your mood & share stories	www.biteback.org.au www.blackdoginstitute.org.au
Reachout Information on how to deal with problems and cope well	au.reachout.com
Headspace Information and fact sheets on how to help yourself and others through difficult times	www.headspace.org.au
Youth Beyond Blue Information and fact sheets on how to help yourself and others through difficult times	www.youthbeyondblue.com
Something Haunting You Take action and overcome the problem 'zombies' following you - exam stress, peer pressure, and body image doubts.	www.somethinghauntingyou.com
Kids Helpline Information on friendships, body image, problem solving, feelings and stress	www.kidshelpline.com.au
Man (Men's Advisory Network) Healthier directions for males 16 years and upwards based in Perth	www.man.org.au

AWESOME APPS

Smiling Mind Meditation and relaxation	smilingmind.com.au or Download app for free in iTunes
Reachout Worry Time Learn to control your worries	Download for free in iTunes or Google Play
Reachout Breathe Learn to control your breathing and calm your body	Download for free in iTunes
Mindshift CBT based app for learning anxiety coping strategies	Download for free in iTunes or Google Play
The Check-in Plan a conversation with a friend about their mental health	Download for free in iTunes or Google Play
What's Up? By Jackson Tempra Free app developed in WA for young people. Fun activities and helpful reminders to assist with low mood, anxiety, anger and more	Search 'What's Up? By Jackson Tempra'.
Virtual Hope Box Tools for coping, relaxation, distraction and positive thinking	Download for free in iTunes or Google Play

*This information is to be used as a guide only. Details are subject to change without notice.

