

Crisis Numbers and Support

SERVICES FOR YOUNG PEOPLE

12-25 years old, 24/7

Police/ Ambulance	000
Armadale Health Service ED 3056 Albany Highway, Armadale WA 6112	9391 2000
Royal Perth Hospital ED 197 Wellington St, Perth WA 6000	9224 2244
Lifeline WA	13 11 14
Suicide Support Service	1800 859 585
Kids Helpline	1800 55 1800
Suicide Call Back Service	1300 224 636
Sexual Assault Resource Centre 1800RESPECT	1800 199 888
Family/ Domestic Violence Counselling	1800 737 732
Drug and Alcohol Support Line	9442 5000
Meth Helpline	1800 874 878
13 Yarn Aboriginal and Torres Strait Islander Support	13 92 76

over 18 years old

MEAD Centre Armadale Adult mental health Service	9391 2400
MHERL mental health emergency response line	1300 555 788
Palmerston drug and alcohol counselling	9267 2400

under 18 years old

Perth Children's Hospital 15 Hospital Ave, Nedlands WA 6009	6456 2222
Acute Response Team Phone support for urgent mental health issues	1800 048 636

free helpful apps

Smiling Mind	meditation
Reach Out Worry Time	learn to control your worries
Mind Shift	learning anxiety coping strategies
Virtual Hope Box	tools for positive thinking
Calm Harm	managing self harm urges
Breathe	breathing techniques
ReMinder	suicide safety plan
QuitNow	goal tracking for quitting cigarettes
Clear Fear	coping strategies for anxiety
Move Mood	managing behaviours linked with low mood
Combined Minds	for family and friends who want to help the right way

online and phone support

Eheadspace eheadspace.org.au over the phone and online counselling on the spot, (7am-11pm)	1800 650 890
CoMHWA comhwa.org.au Peer Pathways: confidential navigation helpline for any age, (9am-5pm M-F)	9477 2809
QLife qlife.org.au support for lgbtqia+ young people (3pm-12am)	1800 650 890
Act Belong Commit actbelongcommit.org.au encourage people to take action to improve and protect their mental health and wellbeing	9266 1705
Mind Spot mindspot.org.au supporting adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain	1800 61 44 34

food and accommodation

Foodbank at Minnowarra House

Fresh bread, fruit and vegetables available at 9.45am on Tuesday mornings, free for concession card holders.

24 Numulgi St, ARMADALE, WA, 6112

Crossways

Food, cooked meals, low-cost groceries, clothing, vouchers, and bill assistance.
9am-5pm M-F, 9am-3.30pm Saturdays

**225 Railway Ave, KELMSCOTT, WA, 6111
9390 0054**

Real Life Church

Fruit & veg, bread, tea & coffee, other food. 9am-12pm, W & F.

**114 Lissiman St, GOSNELLS, WA 6110
9398 7170**

Crisis Accommodation

If you are homeless, need support with a serious problem, or are concerned about the welfare of a child.

9223 1111 or 1800 199 008

Entrypoint

Homelessness assessment and referral, call or register online.

**9am-7pm, M-F. 9am-5pm Saturday.
1800 124 684**

Armadale Youth Accommodation Service

Crisis and emergency accommodation service for ages 15-20. 24hr.

**6 Fourth Road, ARMADALE, WA, 6112
9235 7043**

compliments, complaints or feedback

Contact headspace Armadale on **9393 0300** or email reception@headspacearmadale.com.au

Alternatively, if you are 12-25 and a client at headspace Armadale, you can scan the QR Code or follow the below link to take a survey on your experience here:

<https://questionpro.com/t/AV26xZtjxw>

