

parenting

pregnancy

PANDA

1300 726 306

Supports women, men and families affected by anxiety and depression during pregnancy, and in the first year of parenthood.

Pregnancy Problem House

1300 200 406

Specializes in helping women and couples find solutions. Offers non-judgmental understanding, accurate information, and personalised care

counselling/ support

Parenting WA

6279 1200

28 Alvan St, MOUNT LAWLEY 6050
Parenting counselling service.

Ngala

9368 9368

www.ngala.com.au/

Parenting line, consultations and various programs.

other

Family Support Network

1300 038 850

2302-2308 Albany Hwy, GOSNELLS WA 6110
Provides assessment and coordination of services to support families to keep children safely at home.

GrandCare

1800 008 323

wanslea.asn.au/children-and-family/grandcare/
Information and support service for grandparents.

Parents Beyond Breakup

1300 853 437

Supports parents experiencing trauma related to family breakdown and separation.

Raising Children Network

raisingchildren.net.au

Provides parenting videos, articles and apps backed by Australian experts.

online support

online resources

Youth Law Australia

9067 6510

yla.org.au/about-us/

National, technology-based community legal service.

eheadspace

1800 650 890 (7am - 11pm)

eheadspace.org.au

Online counselling on the spot.

qLife

1800 184 527

qlife.org.au

Support for LGBTQIA+ young people.

Butterfly Foundation

1800 334 673 (8am-12am)

thebutterflyfoundation.org.au

Information, web counselling, phone support and referrals for people concerned about eating disorders.

MoodGym

moodgym.anu.edu.au/welcome

Provides a free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety

online therapy

mental health care plan needed

Someone Health

someone.health

Bulk billed counselling with Medicare.

MindSpot

mindspot.org.au

Supporting adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

DISCLAIMER

If you are in need of immediate support, please contact one of the following numbers:

Emergency
000

Lifeline WA
13 11 14

Kids Line
1800 55 1800

Mental health Resources

IN PERSON AND ONLINE



face to face

all ages

HelpingMinds

9427 7100

3056 Albany Hwy, SEVILLE GROVE 6112
Free support to the family and friends of people living with mental health challenges.

Palmerston

9399 5344

210 – 220 Jull Street Mall, ARMADALE 6112
Free alcohol and drug counselling.

Anglicare Counselling

1300 11 44 46

Suite 9 Level 1, 2232C Albany Hwy, GOSNELLS 6110
Provides counselling by trained professionals who can assist with a wide variety of issues for individuals, couples or families.

HOPE Community Services

9497 9498

Unit 56, 1 Fourth Road, ARMADALE 6112
Mental Health and AOD Counselling Services

Women's Health and Wellbeing Service

9490 2258

Suite 7, Level 1 Gosnells Community Lotteries House, 2232c Albany Highway, GOSNELLS 6110
Free family counselling.

Phoenix Support and Advocacy Service

9443 1910

404 Wqalcott St, COOLBINIA 6050
Support and counselling for survivors of child sexual abuse

aboriginal and torres strait islander

Wungening

6558 1000

<https://www.wungening.com.au/>

Unit 11/ 49 William St, ARMADALE 6112

Provides culturally secure, confidential and free services to Aboriginal people (8.30am-5pm M-F).

12 - 25

Culturally Diverse Psychology Clinic

1800 935 483

LEEDERVILLE, MIRRABOOKA, LANGFORD
(phone contact for perth metro)

Free mental health service that provides short term, culturally sensitive, and evidence-based counselling to people from culturally and linguistically diverse backgrounds

DAYS

9222 6300

Free service providing short-stay detox program for youth struggling with alcohol and drug misuse.

Youth Focus

6266 4333

<https://youthfocus.com.au/what-we-do/youthcounselling/>
Operates a free, face-to-face and web-based professional counselling service for young people

Lynks Counselling

9328 3522

Youth and family counselling service of YMCA Perth. Lynks provides counselling and support to young people aged 15-25 years and families for a range of issues

SHIFT - Mission Australia

08 6212 8700

. Providing support for young people experiencing AOD use or related mental health issues. Outreach..

legal support

Gosnells Community Legal Centre

9398 1455

<https://gosclc.com.au/our-services/>

2232 Albany Hwy GOSNELLS 6110

Confidential, non-judgemental info and advice. Assistance provided is targeted at lower income earners

18 +

Head to Health

1800 595 212

65 Church Ave, Armadale WA 6112
Walk in mental health services.

under 18

Minnawarra House

9497 1413

minnahouse.org.au/
24 Numulgi St, ARMADALE 6112
Youth and family counselling.

WANSLEA Cusp Program

9245 2441

Outreach based support service for children and young people at risk of, or showing early signs of developing a mental health issue.

CSATS

1300 11 44 46

Gosnells Community Lotteries House, Suite 9 Level 1 2232c Albany Hwy, GOSNELLS 6110
Support to young people and non-offending family members of sexual abuse

are you looking for more help on specific topics?

use the QR code to check out our website

