

# 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**

[ngala.com.au/](http://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/](http://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](http://raisingchildren.net.au)

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

# online support

## online resources

### **Youth Law Australia**

**02 9067 6510**

[yla.org.au/about-us/](http://yla.org.au/about-us/)

National, technology-based community legal service.

### **eheadspace**

**1800 650 890 (7am - 11pm)**

[eheadspace.org.au](http://eheadspace.org.au)

[headspace.org.au/services/family/](http://headspace.org.au/services/family/)

Online counselling on the spot, can also be used by family.

### **qLife**

**1800 184 527**

[qlife.org.au](http://qlife.org.au)

Support for LGBTQIA+ young people.

### **Butterfly Foundation**

**1800 334 673 (8am-12am)**

[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

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

### **MoodGym**

[moodgym.anu.edu.au/welcome](http://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](http://someone.health)

Bulk billed counselling with Medicare.

### **MindSpot**

[mindspot.org.au](http://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:

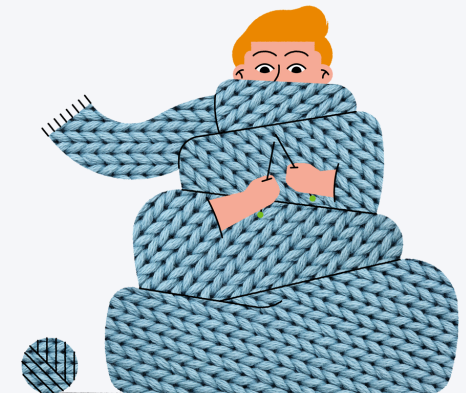
Emergency  
000

Lifeline WA  
13 11 14

Kids Line  
1800 55 1800

# Mental health Resources

## IN PERSON AND ONLINE



PROTIP: If you see **this** symbol, it means the service is specific to Aboriginal and Torres Strait Islanders



# face to face

## all ages

### family

#### **HelpingMinds**

**9427 7100**

3056 Albany Hwy, SEVILLE GROVE 6112

Free support to the family and friends of people living with mental health challenges.

#### **Women's Health and Wellbeing Service**

**9490 2258**

Suite 7, Level 1 Gosnells Community Lotteries House,

2232c Albany Highway, GOSNELLS 6110

Free family counselling.

### alcohol and drugs

#### **Wungening**

**6558 1000**

[wungening.com.au/](http://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).

#### **HOPE Community Services**

**9497 9498**

Unit 56, 1 Fourth Road, ARMADALE 6112

Mental Health and AOD Counselling Services.

#### **Palmerston**

**9399 5344**

210 – 220 Jull Street Mall, ARMADALE 6112

Free alcohol and drug counselling.

### various

#### **Phoenix Support and Advocacy Service**

**9443 1910**

404 Walcott St, COOLBINIA 6050

Support and counselling for survivors of child sexual abuse.

#### **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.

#### **Yarning SafeNStrong**

**1300 364 277**

GOSNELLS 6110

Services include counselling; yarning around a broad range of issues, women's art and craft groups, children's traditional and contemporary dance and men's group.



### 12 - 25

### various

#### **Culturally Diverse Psychology Clinic**

**1800 935 483**

LEEDERVILLE, MIRRABOOKA,

LANGFORD, JOONDALUP, FREMANTLE

(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.

#### **Youth Focus**

**6266 4333**

[youthfocus.com.au/what-we-do/youthcounselling/](http://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.

### legal

#### **Gosnells Community Legal Centre**

**9398 1455**

[goscllc.com.au/our-services/](http://goscllc.com.au/our-services/)

2232 Albany Hwy GOSNELLS 6110

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

### alcohol and drugs

#### **SHIFT - Mission Australia**

**08 6212 8700**

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

#### **DAYS**

**9222 6300**

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

### 18 +

#### **Armadale Medicare Mental Health Centre**

**1800 595 212**

65 Church Ave, Armadale WA 6112

Walk in mental health services.

### under 18

### various

#### **Minnawarra House**

**9497 1413**

[minnahouse.org.au/](http://minnahouse.org.au/)

24 Numulgi St, ARMADALE 6112

Youth and family counselling.

#### **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.

### outreach

#### **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.

# are you looking for more help on specific topics?

use the QR code to check  
out our website

