

# parenting

## pregnancy

### **PANDA**

1300 726 306

[www.panda.org.au/](http://www.panda.org.au/)

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

[www.wa.gov.au/organisation/department-of-communities/family-support-network](http://www.wa.gov.au/organisation/department-of-communities/family-support-network)

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:

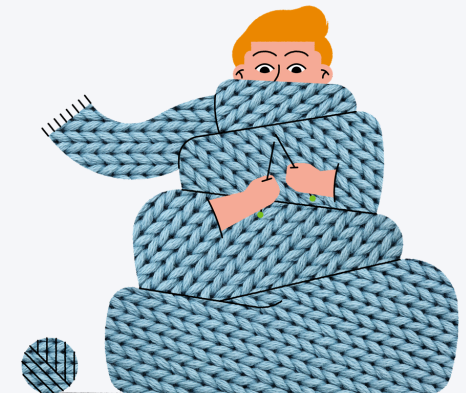
Emergency  
000

Lifeline WA  
13 11 14

Kids Line  
1800 55 1800

# Mental health Resources

## INPERSON AND ONLINE



PRO TIP: 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

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

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

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

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

[hpecommunityservices.org.au/location/armadale/](http://hpecommunityservices.org.au/location/armadale/)

Unit 56, 1 Fourth Road, ARMADALE 6112

Mental Health and AOD Counselling Services.

### Palmerston

9399 5344

[www.palmerston.org.au/](http://www.palmerston.org.au/)

210 – 220 Jull Street Mall, ARMADALE 6112

Free alcohol and drug counselling.

### SHIFT - Mission Australia

08 6212 8700

[www.missionaustralia.com.au/find-support/alcohol-and-other-drugs/alcohol-and-other-drug-support/shift-youth-alcohol-and-other-drugs-outreach-service-perth/](http://www.missionaustralia.com.au/find-support/alcohol-and-other-drugs/alcohol-and-other-drug-support/shift-youth-alcohol-and-other-drugs-outreach-service-perth/)

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

## various

### Yarning SafeNStrong

1300 364 277

[www.vahs.org.au/yarning-safenstrong/](http://www.vahs.org.au/yarning-safenstrong/)

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.

### Waullo Dawn Service

1300 364 277

[hopecommunityservices.org.au/waullo-dawn-healing-services-armadale/KELMSCOTT 6111](http://hopecommunityservices.org.au/waullo-dawn-healing-services-armadale/KELMSCOTT 6111)

Services include free legal support from Women's Legal Service and Aboriginal Legal Service, advocacy through case management, young women's support (14/25yrs), group activities, resources for FDV.



## 12 - 25

## various

### Culturally Diverse Psychology Clinic

1800 935 483

[www.lwb.org.au/services/mental-health/culturally-diverse-psychological-service/](http://www.lwb.org.au/services/mental-health/culturally-diverse-psychological-service/)

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

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

2232 Albany Hwy GOSNELLS 6110

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

## various

### Phoenix Support and Advocacy Service

9443 1910

[www.phoenix.asn.au/](http://www.phoenix.asn.au/)

404 Walcott St, COOLBINIA 6050

Support and counselling for survivors of child sexual abuse.

### Anglicare Counselling

1300 11 44 46

[www.anglicare.org.au/community/mental-health-services/counselling/](http://www.anglicare.org.au/community/mental-health-services/counselling/)

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.

## 18 +

### Armadale Medicare Mental Health Centre

1800 595 212

[www.wapha.org.au/medicare-mental-health-centres/armadale/](http://www.wapha.org.au/medicare-mental-health-centres/armadale/)

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

GCLH, 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

[www.wanslea.org.au/programs/cusp](http://www.wanslea.org.au/programs/cusp)

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

