

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 Jul Street Mall, ARMADALE 6112
Free alcohol and drug counselling.

Angicare Counselling

1300 11 44 46
Gosnells Community Lotteries House,
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

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/youth-counselling/
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
Youth alcohol and drug outreach service. Providing support for young people experiencing AOD use or related mental health issues.

18+

Head to Health

1800 595 212
65 Church Ave, Armadale WA 6112
Mental Health Services

under 18

Minnawarra House

9497 1413
minnawarra.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



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).

legal support

Gosnells Community Legal Centre

9398 1455
https://gosnells.com.au/our-services/
Gosnells Lotteries House,
1/ 2232 Albany Hwy GOSNELLS 6110
Confidential, non-judgemental info and advice. Assistance provided is targeted at lower income earners

online support

online resources

Youth Law Australia

9067 6510
yla.org.au/about-us/
National, technology-based community legal service.

ehespace

1800 650 890 (7am - 11pm)
ehespace.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

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

phone

domestic violence and sexual assault

1800RESPECT

1800 737 732
Sexual assault, family and domestic violence counselling line.

Safe Steps

1800 015 188
Helpline for domestic and psychological/ emotional abuse.

National Sexual Abuse and Redress Support Service

1800 211 028
Provides 24/7 telephone and face-to-face counselling for people impacted by institutional child sexual abuse. This means adults who were sexually assaulted as a child at an institution — like a school, church, club, etc.

National Violence and Abuse Trauma Counselling and Recovery Service

1800 385 578
Telephone and online support, as well as information and referrals, for anyone in Australia who is or has experienced domestic or family violence, or those who support them.

Sexual Assault Resource Centre

1800 199 888
Provides a range of free services to people affected by sexual violence.

drugs and alcohol

Family Drug Support

1300 368 186
24/7 support line for families affected by alcohol and drug issues.

Alcohol and Drug Support Line

9442 5000
24/7 confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

grief

Grief Line

1300 845 745
For anyone experiencing grief and loss across Australia.

aboriginal and torres strait islander

Yarning SafeNStrong

1800 959 563
24/7 National helpline for Aboriginal and Torres Strait Islanders.

Dardi Munwurro

1800 435 799
Support for Aboriginal men who need someone to talk to when struggling.

Thrilli

1800 805 801
24/7 support line, supports Indigenous individuals, families, and communities affected by suicide or other significant trauma.

family/ child protection

Family Relationship Advice Line

1800 050 321
Helps families affected by relationship or separation issues.

Blue Knot

1300 657 380
helpline@blueknot.org.au
Provides phone and email-based support for adult survivors of childhood trauma and abuse, as well as for their supporters and the professionals who work with them., from 7am - 3pm AWST

Carer's Gateway

1800 422 737
For support, advice, counselling, or help while caring for someone.

Mensline Australia

1300 789 978
24/7 support for men and boys who are dealing with family and relationship difficulties.

Crisis Care Helpline

1800 437 348
Prioritises child protection concerns. Information, advice, support and intervention for people in crises and needing urgent help.

other

CoMHWA Peer Pathways

9258 8911
Confidential navigation helpline for any age (9am-5pm, M-F).

Friendline

1800 424 287
Support line for lonely people.

Youth Beyond Blue

1300 224 636
24/7 phone counselling for mental health



Peer Care Companion Warmline

1800 77 7337
Suicide prevention warmline. Leave a voicemail and they will call you back.

text support

Crisis Text Line

741 741

Lifeline Text Line

0477 13 11 14

Amaze

1300 308 699
Autism support line.

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.

Meerilinga

9489 4022

meerilinga.org.au/parenting-courses-services/
Support services for parents with children under the age of 18.

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 and individuals to meeting their goals and 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.

online support

Raising Children Network

raisingchildren.net.au

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



helpful apps

self harm/ suicidal thoughts



Calm Harm

Managing self-harm urges.



ReMinder

Suicide safety plan.

anxiety



Mind Shift

Learn anxiety coping strategies.



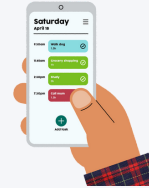
Clear Fear

Coping strategies for anxiety.



Reach Out Worry Time

Learn to control worries.



depression



Move Mood

Managing behaviours linked with depression.

anger



Angrr

Options for immediate anger and managing urges.

breathing/ meditation



Breathe

Breathing techniques to relax and focus.



Smiling Mind

Meditation.

for family members



Combined Minds

For family/ friends who want to help in the right way.



headspace
Armadale

Mental health Resources (Non-Crisis)



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