

PARENTING

Parenting WA
28 Alvan St, MOUNT LAWLEY 6050
6279 1200
Parenting counselling service.

Meerilinga
9489 4022
meerilinga.org.au/parenting-courses-services/
Support services for parents with kids under the age of 18 years old.

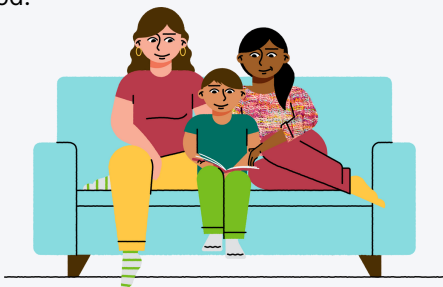
Family Support Network
1300 038 850
Provides assessment and coordination of services to support families and individuals to meeting their goals and keep children safely at home.

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.

Ngala
9368 9368
www.ngala.com.au/
Parenting line, consultations and various programs.

PANDA
1300 726 306
Supports women, men and families affected by anxiety and depression during pregnancy, and in the first year of parenthood.



HELPFUL APPS

-  **Calm Harm**
Managing self-harm urges.
-  **Mind Shift**
Learn anxiety coping strategies.
-  **Clear Fear**
Coping strategies for anxiety.
-  **Reach Out Worry Time**
Learn to control worries.
-  **Move Mood**
Managing behaviours linked with low mood or depression.
-  **Breathe**
Breathing techniques to relax and focus.
-  **ReMinder**
Suicide safety plan.
-  **Combined Minds**
For family/ friends who want to help in the right way for someone
-  **QuitNow**
Goal tracking app for quitting cigarettes.
-  **Smiling Mind**
Meditation.

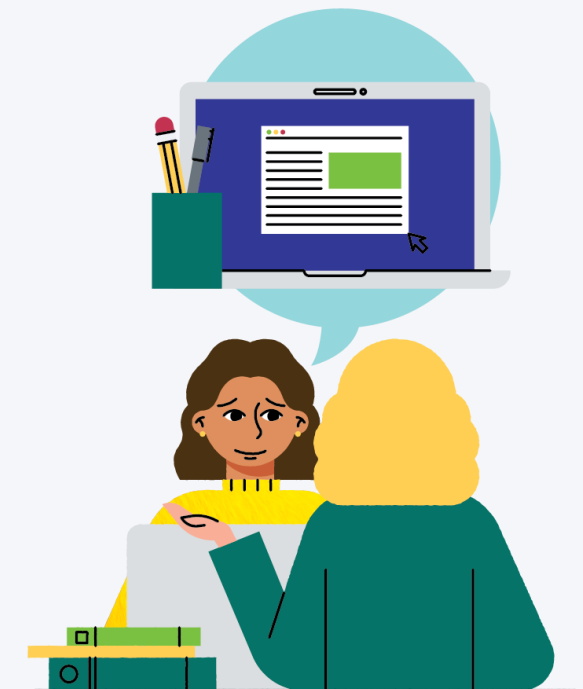
DISCLAIMER

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
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MENTAL HEALTH Resources (NON-CRISIS)



FACE TO FACE

HOPE Community Services

9497 9498

Unit 56, 1 Fourth Road, Armadale WA 6112

Mental Health and AOD Counselling Services

Women's Health and Wellbeing Service

9490 2258

Suite 7, Level 1 Gosnells Community Lotteries House

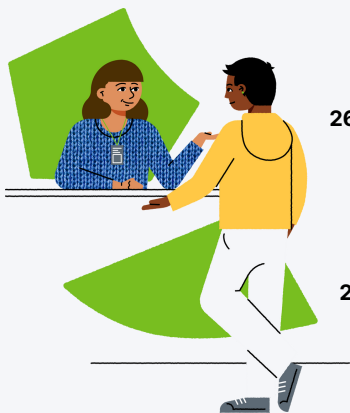
2232c Albany Highway Gosnells WA 6110

Free 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.



Palmerston

9267 2400

26 Prospect Rd, Armadale WA 6112

Free alcohol and drug counselling.

Minnawarra House

9497 1413

minnahouse.org.au/

24 Numulgi St, Armadale WA 6112

Youth and family counselling.

Wungening

6558 1000

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

Unit 11/ 49 William St, Armadale WA 6112

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

HelpingMinds

3056 Albany Hwy, Seville Grove WA 6112

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

Anglicare Counselling

1300 11 44 46

Gosnells Community Lotteries House, Suite 9 Level 1, 2232C Albany Hwy, Gosnells WA 6110

Provides counselling by trained professionals who can assist with a wide variety of issues for individuals, couples or families.

ONLINE SUPPORT

eheadspace

1800 650 890 (7am - 11pm)

eheadspace.org.au

Online counselling on the spot.

qLife

1800 184 527

qlife.org.au

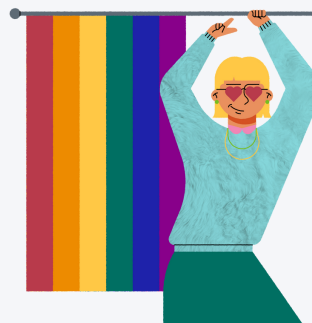
Support for LGBTQIA+ young people.

Butterfly Foundation

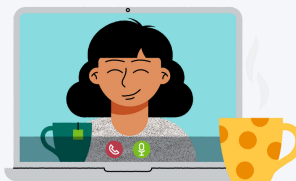
1800 334 673 (8am-12am)

thebutterflyfoundation.org.au

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



ONLINE THERAPY



Someone Health

someone.health

Bulk billed counselling with Medicare.

MindSpot

mindspot.org.au

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

PHONE

CoMHWA Peer Pathways

9258 8911

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

Family Relationship Advice Line

1800 050 321

Helps families affected by relationship or separation issues.

Friendline

1800 424 287

Support line for lonely people.

1800RESPECT

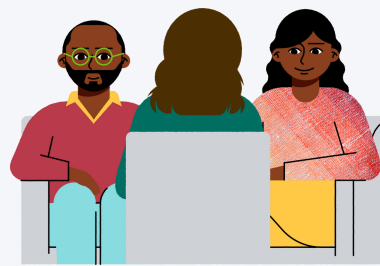
1800 737 732

Sexual assault, family and domestic violence counselling line.

Amaze

1300 308 699

Autism support line.



Family Drug Support

1300 368 186

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

Mensline Australia

1300 789 978

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

Yarning SafeNStrong

1800 959 563

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

Crisis Care Helpline

1800 199 008

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



Thrilli

1800 805 801

supports Indigenous individuals, families, and communities affected by suicide or other significant trauma (24/7).

Blue Knot

1300 657 380

Information and support for anyone affected by complex trauma.

Dardi Munwurro

1800 435 799

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

Grief Line

1300 845 745

For anyone experiencing grief and loss across Australia.

DAYS

9222 6300

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

Carer's Gateway

1800 422 737

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

