

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.

Ngala

9368 9368

www.ngala.com.au/

Parenting line, consultations and various programs.

Grandcare

1800 008 323

wanslea.asn.au/children-and-family/grandcare/

Information and support service for grandparents.

Parents Beyond Breakup

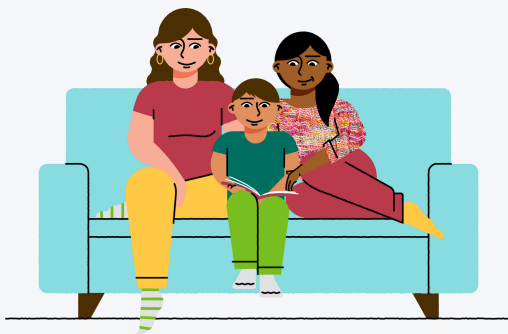
1300 853 437

Supports parents experiencing trauma related to family breakdown and separation.

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.



Reach Out Worry Time

Learn to control worries.



Breathe

Breathing techniques to relax and focus.



ReMinder

Suicide safety plan.



Smiling Mind

Meditation.



QuitNow

Goal tracking app for quitting cigarettes.

DISCLAIMER

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

Lifeline WA

13 11 14

Kids Line

1800 55 1800

Emergency Services

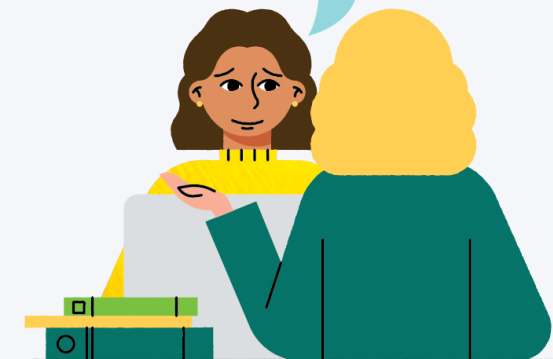
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headspace

National Youth Mental Health Foundation

MENTAL HEALTH Resources (NON-CRISIS)



FACE TO FACE

HelpingMinds

3056 Albany Hwy, Seville Grove WA 6112

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

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).

Palmerston

9267 2400

26 Prospect Rd, Armadale WA 6112

Free alcohol and drug counselling.

Anglicare Counselling

1300 11 44 46

Geoffrey Sambell Centre, 23 Adelaide Tce, East Perth 6004

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)

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.

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

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.

CoMHWA

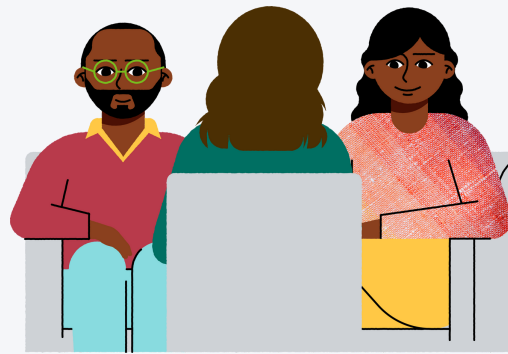
9258 8911

Peer Pathways: 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.



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.

Grief Line

1300 845 745

For anyone experiencing grief and loss across Australia.

Dardi Munwurro

1800 435 799

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

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.