



Government of **Western Australia**
Mental Health Commission

Child and Youth Mental Health services in Western Australia



Updated 26 March 2025



**My Community
Directory**

In an emergency call 000 or visit your local emergency department

Helplines or online chat services can provide you with immediate access to support and advice that is confidential, free and anonymous.

You can contact:

[Kids Helpline](#) 1800 551 800 or kidshelpline.com.au

They provide a free, safe and anonymous 24/7 phone and online counselling service for 5 to 25 year olds. They also provide a dedicated phone line for parents on 1800 654 432.

[CAMHS Emergency Telehealth Service](#) 1800 048 636

The Child and Adolescent Mental Health Service provides phone and online videocall support for children and young people who are experiencing a mental health crisis, as well as support and advice to families and carers.

[ehespace](#) 1800 650 890 or headspace.org.au/ehespace

Headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends, seven days a week from 9am to 1am Melbourne time. They also provide Group Chats and a Digital Work and Study Service to help you with advice relating to employment and education.

[Reach out](#) at reachout.com

Reachout.com provides free online information, tools and tips help young people get through everyday issues to tough times – and also provides information for parents and schools to make it easier for them to help young people too.

Other adult and specialist supports include:

[beyondblue](#) on 1300 224 636 or beyondblue.org.au provides a 24/7 helpline to listen, provide information and advice, and point you in the right direction so you can seek further support. They also provide online chat seven days a week from 3pm to 12am (AEST) an email service and community forums.

[SANE Australia](#) at www.sane.org provides online forums for people with lived experience of complex mental health issues, as well as their family, friends and carers.

[QLife](#) on 1800 184 527 or qlife.org.au provides anonymous and free LGBTI peer support and referral, 3pm to midnight AEST.

[Butterfly Foundation](#) on 1800 334 673 or butterfly.org.au provides support for eating disorders and body image issues seven days a week, 8am to midnight AEST. They also provide an online chat service.

[Alcohol and Drug Support Line](#) on 08 9442 5000 or 1800 198 024 (Country) or [online chat](#) provides a 24/7 confidential, non-judgemental counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

More supports can be found via www.mhc.wa.gov.au/gettinghelp or www.myservices.org.au



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This directory includes mental health, alcohol and other drug services for young people in Western Australia. In the first instance, you can visit your General Practitioner (GP) for support or referral for a mental health issue. In a life-threatening emergency call 000 or visit your closest Emergency Department.

It includes services for people up to 18 years of age and their families, as well as youth specific services up to the age of 25. Young people between 18 and 25 can also use the adult services that are available, which can be found at www.myservices.wa.gov.au

The directory is sourced from the database held by My Community Directory. Service providers can update their details at www.mycommunitydirectory.com.au. Services included may not be provided by, nor endorsed by, the Government.

If you have any issues or questions, please contact the Mental Health Commission Communications Team on (08) 6553 0600.



Child (and Parent) Information & Counselling

4Families - Albany

29 Albany Highway, ALBANY WA 6330

E albany@relationshipsqa.org.au

W relationshipsqa.org.au

P (08) 6164 0530

4families is a free family mental health support service for children, from birth to 18 years and their families and carers. We provide counselling and support, information, referrals and workshops. This service is funded by the Australian Government.

4Families - Busselton

93 Duchess Street, BUSSELTON WA 6280

W relationshipsqa.org.au

P (08) 6164 0350

4families is a free service that provides whatever support families and carers need, linking them to a variety of services to reduce family stress and enable children and young people to reach their full potential. This service is funded by the Australian Government.

4Families - Collie

W relationshipsqa.org.au

P (08) 6164 0600

You can get free support through our 4families service. All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental emotional and social wellbeing. This service is funded by the Australian Government.

4Families - Kwinana

Darius Wells Library and Resource Centre, Level 1, 2 Robbos Way, KWINANA WA 6167

E kwinana@relationshipsqa.org.au

W relationshipsqa.org.au

P (08) 6164 0500

You can get free support through our 4families service. All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental emotional and social wellbeing. This service is funded by the Australian Government.

Drug & Alcohol Services

Drug and Alcohol Youth Service (DAYS) - Youth Detention service

Banksia Detention Centre, 491 Warton Road, HARRISDALE WA 6112

E days@missionaustralia.org.au

W sd.missionaustralia.com.au

P 1800 005 579

The Drug and Alcohol Youth Service (DAYS) provides young people and their families access to a comprehensive range of free and confidential alcohol and other drug services. The youth detention counsellor program provides individual counselling and referrals to young people between 12-18 years in Banksia Hill Detention Centre.



Great Southern Community Alcohol and Drug Service - Albany

63 Serpentine Road, ALBANY WA 6330

E albany@palmerston.org.au

W palmerston.org.au

P (08) 9892 2100

The Great Southern Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Albany and across the Great Southern region.

Great Southern Community Alcohol and Drug Service - Katanning

19 Daping Street, KATANNING WA 6317

E katanning@palmerston.org.au

W palmerston.org.au

P (08) 9821 8306

Our Vision To be the leading and most trusted service improving the lives of people affected by alcohol and other drugs. Our Values Compassion Acceptance Respect Excellence in service Our Purpose To prevent and reduce the harmful effects of alcohol and other drugs on people, families and community by offering tailored responses to their desired goals.

North East Community Alcohol and Drug Service - Midland

4 Stafford Street, MIDLAND WA 6056

E NEMCADS@holyoake.org.au

W holyoake.org.au

P (08) 9274 7055

The North East Metro Community Alcohol and Drug Service provides a comprehensive alcohol and other drug counselling service for the north east metropolitan community. The service incorporates medical services provided by Next Step Drug and Alcohol Services.

Community Alcohol and Drug Service - Narrogin

Holyoake, 80 Federal Street, NARROGIN WA 6312

E adminnortham@holyoake.org.au

W holyoake.org.au

P (08) 9621 1055

The Holyoake Wheatbelt Community Alcohol and Drug Service Team provides assessment, referral and counseling to adults, young people, and families, and aims to reduce alcohol and other drug related harm in the Wheatbelt region. Our team endeavours to provide a professional and coordinated service through counselling, education and support for the Wheatbelt community.

Wheatbelt Community Alcohol and Drug Service - Merredin

Kitchener Road, MERREDIN WA 6415

E adminnortham@holyoake.org.au

W holyoake.org.au

P (08) 9081 3396

The Wheatbelt Community Alcohol and Drug Service provides assessment, referral and counselling to adults, young people, and families, who are experiencing alcohol or other drug issues.

Goldfields Community Alcohol and Drug Service - Esperance

18 Andrew Street, ESPERANCE WA 6450

E Reception.esp@hopecs.org.au

W hopecommunityservices.org.au

P (08) 9071 5169

The Goldfields Community Alcohol and Drug Service has offices in Kalgoorlie and Esperance, providing a variety of community alcohol and drug treatment and support services to the Goldfields region.



Goldfields Community Alcohol and Drug Service - Kalgoorlie

48 Brookman Street, KALGOORLIE WA 6433

E info@hopecs.org.au

W hopecommunityservices.org.au

P (08) 9021 3069

The Goldfields Community Alcohol and Drug Service has offices in Kalgoorlie and Esperance, providing a variety of community alcohol and drug treatment and support services to the Goldfields region.

Community Alcohol and Drug Service - Broome

Corner Anne Street & Robinson Street, Broome, WA 6725, REGIONAL HUBS WA 6725

W wacountry.health.wa.gov.au

P (08) 9194 2640

The Kimberley Community Alcohol and Drug Service provides community-based treatment services to people experiencing problems as a result of their, or someone they know's alcohol or other drug use. It also provides outreach services across the Kimberley region.

Luma

E intake@whfs.org.au

W luma.org.au

P (08) 6330 5400

One of Australia's largest not-for-profit organisations specialising in women's health and wellbeing. Provides safe, supportive and accessible healthcare services to women and families in WA.

Alcohol.Think Again

E contactus@mhc.wa.gov.au

W alcoholthinkagain.com.au

P (08) 6553 0600

The Alcohol.Think Again education campaign is part of a comprehensive approach in Western Australia that aims to reduce the level of alcohol-related harm and ill-health in Western Australia. The campaign uses a mass reach social marketing strategy targeting the Western Australian community.

Drug Aware

E contactus@mhc.wa.gov.au

W drugaware.com.au

P (08) 6553 0600

Drug Aware is a key initiative in the state framework of educational strategies forming part of a comprehensive approach to address illicit drug use in Western Australia.

Strong Spirit Strong Mind (Metro Project)

E contactus@mhc.wa.gov.au

W mhc.wa.gov.au

P (08) 6553 0600

The Strong Spirit Strong Mind Metro Project aims to raise awareness of the harms associated with alcohol and other drug (AOD) issues among Aboriginal people, families and communities in the Perth Metropolitan area. The project focuses on young people aged 12 to 25 years.



Community Alcohol and Drug Service - Geraldton

Shenton Street, GERALDTON WA 6530

E CES.WACHS-Midwest@health.wa.gov.au

W wacountry.health.wa.gov.au

P (08) 9956 2424

The Midwest Mental Health and CADS aims to reduce alcohol and other drug related harm for the people of the Midwest by working with individuals, families and the community to reduce the impact of drug use.

Drug and Alcohol Youth Service (DAYS)

129 Hill St, EAST PERTH WA 6004

E days@missionaustralia.org.au

W sd.missionaustralia.com.au

P (08) 9222 6300

The Drug and Alcohol Youth Service (DAYS) provides young people and their families' access to a comprehensive range of free and confidential alcohol and other drug services.

Next Step Drug and Alcohol Services

32 Moore Street, EAST PERTH WA 6004

E NextStep.EastPerth@mhc.wa.gov.au

W mhc.wa.gov.au

P (08) 9219 1919

Next Step Drug and Alcohol Services (Next Step) provides treatment services for youth and adults experiencing problems with their alcohol and other drug use, as well as support for families.

North Metro Community Alcohol and Drug Service - Joondalup

10 Clark Crescent, JOONDALUP WA 6027

E enquiry@cyrenianhouse.com

W cyrenianhouse.com

P (08) 9301 3200

The North Metro Community Alcohol and Drug Service provides individuals and their families with access to a comprehensive range of alcohol and other drug services from one location.

North Metro Community Alcohol and Drug Service - Warwick

26 Dugdale Street, WARWICK WA 6024

E enquiry@cyrenianhouse.com

W cyrenianhouse.com

P (08) 9246 6767

The North Metro Community Alcohol and Drug Service provides individuals and their families with access to a comprehensive range of alcohol and other drug services from one location.

South East Metro Community Alcohol and Drug Service - Armadale

Unit 2, 210 Jull Street, ARMADALE WA 6112

E armadale@palmerston.org.au

W palmerston.org.au

P (08) 9399 5344

The South East Metro Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Thornlie and Armadale.



South East Metro Community Alcohol and Drug Service - Thornlie

312 Spencer Road, THORNLIE WA 6108

E thornlie@palmerston.org.au

W palmerston.org.au

P (08) 9267 2400

The South East Metro Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Thornlie and Armadale.

South Metro Community Alcohol and Drug Service - Fremantle

L3, 22 Queen Street, FREMANTLE WA 6160

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9239 0200

The South Metro Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Fremantle, Rockingham and Mandurah.

South Metro Community Alcohol and Drug Service - Rockingham

Unit 2, 31 Council Avenue, ROCKINGHAM WA 6168

E rockingham@palmerston.org.au

W palmerston.org.au

P (08) 9550 9200

The South Metro Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Fremantle, Rockingham and Mandurah.

South West Community Alcohol and Drug Service - Bunbury

Robertson Drive, EAST BUNBURY WA 6230

E horizonhouse@sjog.org.au

W sjog.org.au

P (08) 9721 9256

Our South West Community Alcohol and Drug Services (SWCADS) offers easily accessible counselling and support for people with drug and alcohol issues and their families free of charge.

Youth Drug and Alcohol Treatment Service

2 Sholl Street, ROEBOURNE WA 6718

E info@yaandina.org

W yaandina.org.au

P (08) 9182 1121

Yaandina's Youth drug & alcohol service is for individuals aged 8-14 years and their families and guardians who are seeking support with substance abuse and related problems. It is a family oriented service based in Roebourne, with a clinical & trauma informed therapeutic approach that may include individual, family, group sessions & counselling.

Hospitals

East Metropolitan Youth Unit - inpatient mental health services

18-56, Mills Street, BENTLEY WA 6102

W emhs.health.wa.gov.au

P (08) 9416 3666

The East Metropolitan Youth Unit (EMyU) at Bentley Health Service (BHS) is a 12 bed inpatient service which provides mental health inpatient care for young people aged 16 to 24 presenting with complex and acute mental health issues. The service has a focus on early episode interventions. This service is provided by the WA Government.



Fiona Stanley Hospital (Inpatient and Consultation Liaison Service)

11 Robin Warren Drive, MURDOCH WA 6150

W fsfhg.health.wa.gov.au

P (08) 6152 2222

Fiona Stanley Hospital has adult and youth inpatient services (total of 30 beds), an emergency department as well as a consultation liaison service to support patients throughout the general hospital or rehabilitation service who have mental health issues. This service is provided by the WA Government.

Perth Children's Hospital Emergency Department Mental Health Assessments

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W ww2.health.wa.gov.au

P (08) 6456 2222

When you arrive at the PCH ED, take a ticket from the kiosk. This helps patients be seen in order. Staff may call patients out of sequence for emergency reasons.

Perth Children's Hospital - Mental Health Inpatient Service

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W ww2.health.wa.gov.au

P (08) 6456 2222

Many young people experience mental health issues. The majority of young mental health clients are seen in our community based clinics; however some young people need more intensive support. Perth Children's Hospital's Mental Health inpatient ward (20 beds) provides a range of specialist mental health services for young people, provided by the WA Government.

Mental Health Services

Turning Tides

Level 1 Peel Health Hub, 91 Allnutt Street, MANDURAH WA 6210

E help@allambee.org.au

W allambee.org.au

P (08) 9535 8263

Turning Tides is a free counselling and advocacy program for young people who have displayed harmful sexual behaviour, as well as their caregivers and families.

CYPRESS support service for children bereaved by suicide

23 Adelaide Tce, EAST PERTH WA 6004

E info@anglicarewa.org.au

W anglicarewa.org.au

P 1300 114 446

CYPRESS is a free and long term support service for children and young people between the ages of 6 and 18 who have been bereaved by suicide. Support is offered with outreach, counselling, support groups and more.



headspace Hedland

Unit 1, 20 - 21 Lawson Street, SOUTH HEDLAND WA 6722

E info@headspacehedland.org.au

W headspace.org.au

P 1800 290 626

Ensuring young people (12-25 year olds) can access expert health workers in a safe, confidential and youth-friendly environment. headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Child and Adolescent Mental Health Service (CAMHS) - Bentley Family Clinic

P Block, Bentley Health Service, 31 Mills Street, BENTLEY WA 6102

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9416 3900

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Touchstone

P Block, Bentley Health Service, 31 Mills Street, BENTLEY WA 6102

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9416 3746

Touchstone is a structured day service for young people aged 12-17 years and their families. The multi-disciplinary team comprises of a consultant child and adolescent psychiatrist, service manager, and an experienced therapy team of nurses, psychologists, social workers, occupational, art and creative therapists. The service is funded by the WA Government.

Child and Adolescent Mental Health Service (CAMHS) - Armadale

Unit 4 - Perth Children's Hospital, 40 Fourth Road, ARMADALE WA 6112

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9391 2455

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child and Adolescent Mental Health Service (CAMHS) - Clarkson

77 Renshaw Boulevard, CLARKSON WA 6030

W cahs.health.wa.gov.au

P (08) 9304 6200

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.



Child and Adolescent Mental Health Service (CAMHS) - Fremantle

Stirling Street Centre, 1 Stirling Street, FREMANTLE WA 6160

W cahs.health.wa.gov.au

P (08) 9435 9700

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child and Adolescent Mental Health Service (CAMHS) - Hillarys

Endeavour Business Centre, U2/3, Level D, 32 Endeavour Road, HILLARYS WA 6025

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9403 1999

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child And Adolescent Mental Health Service (CAMHS)

Level 1, 91 Allnutt Street, MANDURAH WA 6210

W cahs.health.wa.gov.au

P (08) 6559 5100

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child and Adolescent Mental Health Service (CAMHS) - Rockingham

Ameer Street, ROCKINGHAM WA 6168

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9528 0555

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child and Adolescent Mental Health Service (CAMHS) - Shenton Park

227 Stubbs Terrace, SHENTON PARK WA 6008

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9381 7055

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.



Child and Adolescent Mental Health Service (CAMHS) - Warwick

316 Erindale Road, WARWICK WA 6024

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9448 5544

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Child and Adolescent Mental Health Service - Swan

1 Watertank Way, MIDLAND WA 6056

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9250 5777

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Fiona Stanley Hospital (Youth Community Assessment and Treatment Team)

11 Robin Warren Drive, MURDOCH WA 6150

W fsfhg.health.wa.gov.au

P (08) 6152 2222

The Fiona Stanley Hospital Youth Community Assessment and Treatment Team is a community based service providing a client-centred and recovery-focused approach to youth mental health. It is provided by the WA Government.

Doctor (GP)

193 Marine Terrace, GERALDTON WA 6530

E admin@headspacegeraldton.com.au

W headspace.org.au

P (08) 9943 8111

headspace Geraldton is a free service for young people aged 12 to 25. We can help with mental health, alcohol or drug use, physical/sexual health and work and study. Family and friends can also contact us.

Early Intervention Support Services

50 Dampier Terrace, BROOME WA 6725

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

We offer free and confidential counselling and support to young people who experience emotional or social difficulties and are at risk of developing a mental health concern. Counselling and support can help manage emotions, build resilience and coping skills.



Young Carers Support Services

50 Dampier Terrace, BROOME WA 6725

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

Growing up with a family member experiencing mental health challenges can be overwhelming for young people. It may bring feelings of confusion, fear, & frustration. To help them navigate these challenges, HelpingMinds provides free support that is engaging, informative, & empowering—giving young people the tools they need to understand their situation & build resilience.

Early Intervention Support Services

5 Stuart Street, CARNARVON WA 6701

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

We offer a range of workshops for young people who experience emotional or social difficulties and are at risk of developing a mental health concern. Our workshops are designed to equip them with tools and techniques for making new friends, dealing with difficult situations at home and at school, expressing themselves, learning ways to relax, discovering what they are passionate about.

Young Carers Support Services

Suite 11B, 16 Phillimore Street, FREMANTLE WA 6160

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental health challenges can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental health challenges. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Early Intervention Support Services

76 Forrest Street, GERALDTON WA 6530

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

We offer a range of workshops for young people who experience emotional or social difficulties and are at risk of developing a mental health concern. Our workshops are designed to equip them with tools and techniques for making new friends, dealing with difficult situations at home and at school, expressing themselves, learning ways to relax, discovering what they are passionate about.

Young Carers Support Services

76 Forrest Street, GERALDTON WA 6530

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.



Young Carers Support Services

Unit 6, 32 Endeavour Road, HILLARYS WA 6025

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Young Carers Support Services

Lotteries House Joondalup, 70 Davidson Terrace, JOONDALUP WA 6027

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Young Carers Support Services

Lotteries House, 7 Anzac Place, MANDURAH WA 6210

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Early Intervention Support Services

1A Sayer Street, MIDLAND WA 6056

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

We offer a range of workshops for young people who experience emotional or social difficulties and are at risk of developing a mental health concern.

Young Carers Support Services

1A Sayer Street, MIDLAND WA 6056

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.



Mental Health Carer Support

Carers Centre, 182 Lord Street, PERTH WA 6000

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Support services for the family and friends of people living with mental health challenges, including: • Free and confidential support • Individual in-person counselling for adults across WA • Phone counselling for adults in regional and rural WA via 1800 811 747 • Support groups and workshops • Carer advocacy • Peer support

Young Carers Support Services

Carers Centre, 182 Lord Street, PERTH WA 6000

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Early Intervention Support Services

4 Rason Link, SOUTH HEDLAND WA 6722

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

We offer a range of workshops for young people who experience emotional or social difficulties and are at risk of developing a mental health concern. Our workshops are designed to equip them with tools and techniques for making new friends, dealing with difficult situations at home and at school, expressing themselves, learning ways to relax, discovering what they are passionate about.

Young Carers Support Services

4 Rason Link, SOUTH HEDLAND WA 6722

E info@helpingminds.org.au

W helpingminds.org.au

P 1800 811 747

Growing up around mental illness can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental-ill health. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Investing In Our Youth

51-55 Forrest Ave, BUNBURY WA 6230

E hello@investinginouryouth.com.au

W iioy.org.au

P (08) 9721 6951

Blue Leaf Initiative is an Investing in Our Youth initiative, supported by Healthways to promote mental health and wellbeing in young people in the South West, through collaboration, social connection and education.



Community Mental Health, Drug and Alcohol Services - Fitzroy Crossing

Nindilingarri Cultural Services, Fallon Road, FITZROY CROSSING WA 6765

E kmhdsclinic.reception@health.wa.gov.au

W wacountry.health.wa.gov.au

P (08) 9194 2867

The Kimberley Mental Health and Drug Service provides specialist mental health services to the Kimberley for all age groups. It also provides the Community Alcohol and Drug Service, which provides assessment, counselling and referral and support to people who are experiencing problems as a result of their own, or someone else's alcohol or drug use.

Mental Health Advocacy Service (MHAS) - Youth Advocate

Unit 6, 18 Harvest Terrace, WEST PERTH WA 6005

E contactus@mhas.wa.gov.au

W wa.gov.au

P (08) 6234 6300

The Mental Health Advocacy Service (MHAS) provides a specialised independent advocacy for young people accessing mental health services (in certain circumstances) to assist them enforce their rights and resolve issues.

Multisystemic Therapy (12-16 years)

K Block, Alma Street, FREMANTLE WA 6160

W cahs.health.wa.gov.au

P (08) 9431 3787

The Multisystemic Therapy program is an intensive family intervention for severe behavioural disorders in young persons aged 12-16 years. It is provided by the WA Government.

Ngatti House - Mental Health and Housing Support

E info@lwb.org.au

P (08) 9432 1100

Our services focus on the intensive case management which aim to assist you to re-establish connections that may result in finding somewhere safe to stay while taking steps to finding a permanent place to call home so that you can get on with your life.

Pathways

W cahs.health.wa.gov.au

P (08) 9382 0731

Pathways is an evidence-based Tier 4 service providing intensive therapeutic day services in addition to educational support to children with complex social, behavioural, mental health and developmental issues. Pathways is suitable for children aged 0-12. Referrals are accepted from Tier 3 services such as CAHS Mental Health, Child Development Services and other specialised services for children

CAMHS Emergency Telehealth Service

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P 1800 048 636

Urgent mental health telephone and online videocall support children and young people in the metropolitan area that are experiencing a mental health crisis. Support and advice is also available for families, carers and health professionals. This service is provided by the WA Government.

Complex Attention and Hyperactivity Disorders Service

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 6456 0214

The Complex Attention and Hyperactivity Disorders Service is a specialist assessment and consultation service for children aged up to 17, and their families, who have persistent complex attention difficulties and related conditions. It is provided by the WA Government.

Eating Disorders Program

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 6456 2222

The Eating Disorders Program provides outpatient, day treatment and inpatient management of children and adolescents with eating disorders. It is provided by the WA Government.

Gender Diversity Service

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 6456 0202

The Gender Diversity Service (GDS) offers a multidisciplinary approach to the assessment, care and treatment of gender diversity. It is provided by the WA Government.

Paediatric Consultation Liaison

15 Hospital Avenue, NEDLANDS WA 6009

E cahsfeedback@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 6456 2222

Paediatric Consultation Liaison is a multidisciplinary team that engages with children and adolescents who are current, ongoing or regular Perth Children's Hospital patients, and have mental health issues related to their medical conditions or central to their treatment plan. This service is provided by the WA Government.

Crisis and Medium Term Accommodation and Support

22 Blencowe St, WEST LEEDERVILLE WA 6901

E info@picys.org.au

W picys.org.au

P (08) 9388 2791

Perth Inner City Youth Service supports young people at risk of homelessness in accommodation and transitioning/moving into independent living. It can assist youth with living skills, employment, education, advocacy and family mediation, counselling and practical support and support around drug use, mental health, relationships, diverse sexuality and/or gender and parenting.

Counselling Services

E admin@southcoastal.org.au

W southcoastal.org.au

P (08) 9550 0900

We provide a range of services, including mental health counselling & low-cost psychology services, Dietetics, aimed at promoting and supporting the health and wellbeing of our clients.



The Luminos Project

E info@thesamaritans.org.au

W thesamaritans.org.au

P (08) 6230 3903

Samaritans WA – in partnership with Ruah Community Services and Telethon Kids Institute – have built WA's first short term residential service for young people (ages 16-24) experiencing thoughts of suicide.

YoungMinds Albany

Building Suite 3, 64 Lion Street, ALBANY WA 6330

E brooke@youngmindsalbany.com

W youngmindsalbany.com

P 0408 415 776

Providing evidence based, psychological services to children, young people and their families. Registered with Medicare and Employee Assistance Programs.

Youth Axis program (16-24 years)

32-34 Salvado Road, WEMBLEY WA 6014

E youthaxis@health.wa.gov.au

W nmhs.health.wa.gov.au

P (08) 9287 5700

Youth Axis provides services to young people aged 16-24 years living in stable accommodation in the Perth metropolitan area, who are help accepting and have an ultra high risk of psychosis, or features of an emotionally unstable personality disorder. This program is provided by the WA Government.

YouthLink - North Metropolitan area

223 James Street, NORTHBRIDGE WA 6000

W nmhs.health.wa.gov.au

P (08) 9227 4300

YouthLink is a specialist mental health service providing counselling, therapy and case management to young people aged 13-24 years in the North Metropolitan area with serious mental health problems and barriers to accessing mainstream services. Barriers typically include homelessness and transience, limited support networks, cultural barriers including Aboriginal or Torres Strait Islanders.

Youth Information & Counselling

Blackwood Youth Action

24 Steere Street, BRIDGETOWN WA 6255

E bya@westnet.com.au

W blackwoodyouthaction.com.au

P 0483 322 216

Blackwood Youth Action Inc. is a registered Charity. Our goal is to support young people 12-25 in the Warren Blackwood region to improve their health and well-being through: developing a youth space; creating linkages between all youth related organisations and activities; improving youth belonging and engagement in our community; and empowering young people to meet their fullest potentials.



headspace - Albany

St Emilie Way, ALBANY WA 6330

E info@headspacealbany.com.au

W headspace.org.au

P (08) 9842 9871

headspace Albany is a place where you can talk to professionals who are specially trained to help young people aged 12-25. We can help with mental and emotional health, physical and sexual health, alcohol or drug use, and work and study support. This service is free to access and funded by the Federal Government.

headspace - Broome

Shop A, 38 Frederick Street, BROOME WA 6725

E headspace@kamsc.org.au

W headspace.org.au

P (08) 9193 6222

headspace Broome is a place where you can talk to professionals who are specially trained to help young people aged 12-25. We can help with mental and emotional health, physical and sexual health, alcohol or drug use, and work and study support. This service is free to access and funded by the Federal Government.

headspace - Fremantle

60 Pakenham Street, FREMANTLE WA 6160

E info@headspacefreo.com.au

W headspace.org.au

P (08) 9431 7453

headspace Fremantle is a place where you can talk to professionals who are specially trained to help young people aged 12-25. We can help with mental and emotional health, physical and sexual health, alcohol or drug use, and work and study support. This service is free to access and funded by the Federal Government.

headspace - Rockingham

Unit 3, 18 Goddard Street, ROCKINGHAM WA 6168

E hello@headspacerock.com.au

W headspace.org.au

P (08) 6595 8888

headspace Rockingham is a place where you can talk to professionals who are specially trained to help young people aged 12-25. We can help with mental and emotional health, physical and sexual health, alcohol or drug use, and work and study support. This service is free to access and funded by the Federal Government.

Youth Justice Services

Unit 56, 1 Fourth Road, ARMADALE WA 6112

E hellohope@hopecs.org.au

W hopecommunityservices.org.au

P (08) 6391 0450

Hope Community Services deliver a range of support for young people aged between 10 and 17 years of age who have become involved with the justice system, in the Kimberley, Perth Metropolitan, Midwest, Pilbara and Goldfields regions. Programs include Bail Services, Youth Transitional Accommodation Program, and Community Programs.



Oseca Health

91 Allnutt Street, MANDURAH WA 6210

E office@oseca.com.au

W oseca.com.au

P (08) 9537 5500

Primary health care services and programs delivered in the Peel and South West Regions of WA. We provide Aboriginal health services, youth medical service, primary and youth mental health services, chronic disease program, assertive outreach and a parenting support program.



This information is available in an alternative format on request
(08) 6553 0600

Acknowledgement

Mental Health Commission would like to acknowledge the traditional custodians of the country on which we work and live and recognise the continuing connection to land, waters and community.

Disclaimer

While the Mental Health Commission has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Mental Health Commission and is not advice that is provided, or information that is endorsed, by the Mental Health Commission. The Mental Health Commission is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use or reliance on the information provided herein.

www.mhc.wa.gov.au



contactus@mhc.wa.gov.au



(08) 6553 0600



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