

Support agencies for young people and families



SUPPORT FOR PARENTS

Agencies that can assist parents with the tough job of parenting teens.

This is a list of resources in no particular order. Parents are strongly encouraged to view websites and make contact with individual agencies to discuss concerns, and assess services provided for appropriateness to their situation.

RELATIONSHIPS AUSTRALIA

1300 364 277

Relationships Australia offers a broad range of services to individuals, families and communities throughout the country. Core services include counselling, mediation, and family dispute resolution (as well as associated early intervention and post-separation services).

FAMILY HELPLINE

9223 1100

The family helpline is a confidential telephone counselling and information service for families with relationship difficulties. Hours of operation are 24 hours, 7 days a week.

NGALA PARENTING LINE

9368 9368

The Ngala Parenting Line offers phone advice and support to parents and carers of children up to 18 years old. This is a free call-back service. Their team of qualified and friendly staff are on hand to offer reassurance and encouragement along the parenting journey. Hours of operation are Monday to Sunday 8am to 8pm.

Support agencies for young people and families

COUNSELLING FOR YOUNG PEOPLE

This is a list of resources in no particular order. Parents are strongly encouraged to view websites and make contact with individual agencies to discuss concerns, and assess services provided for appropriateness to their situation.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)

- Contact: 9381 7055

Shenton Child and Adolescent Mental Health Service is one of 10 community CAMHS services across Perth. Shenton CAMHS provides assessment and treatment of persistent mental health difficulties in infants, children and young people up to 18 years old. Children and families are referred for a Choice Appointment by their treating therapist, a specialist, GP, school or other community organisation.

YOUTH FOCUS

- Contact: 6266 4333

Youth Focus is a community based organisation located in Burswood with expertise in providing practical and effective support for young people 12 to 18yrs of age and their families, who are showing early signs associated with suicide and deliberate self harm. Students, families and schools can refer for services including: counselling, family therapy, peer support weekends, mentoring, and life skills and educational training.

Support agencies for young people and families



HEADSPACE

- Contact: 9208 9555 (2/145 Main St, Osbourne Park)

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12 – 25 year olds, along with assistance in promoting young peoples' wellbeing. Headspace is a free service covering four main areas: mental health, physical health, work/study support and alcohol/drug services.

MERCY CARE

- Contact: 1800 800 046

Mercy Reconnect is an outreach support service providing assistance to young people (12 – 18 years) who are having difficulties staying at home, or who have recently become homeless because of family issues. Reconnect is a free and confidential service working with young people, their parents /guardians and families.

PRIVATE PSYCHOLOGISTS

For a Medicare rebate, please obtain a referral and Mental Health Care Plan from your GP which allows students six sessions with a Registered Psychologist or Clinical Psychologist.

HELPING MINDS

- Contact: 9427 7100

Helping Minds support young people, adults and families that are affected by mental illness. They have a professional team of staff and dedicated volunteers who provide quality, confidential support and services to young people, adults and families who are caring for someone with a mental illness or individuals who are affected by a mental illness.

Support agencies for young people and families

YCOUNSELLING

- Contact: 9328 3522

YCounselling offer counselling for young people aged 12 – 25 years and their families to help resolve crisis, reduce stress and make goals to improve wellbeing. YCounselling is a low cost service for short or long term counselling located at YMCA Leederville.

ANGLICARE

- Contact: 1300 11 44 46

Anglicare WA is a not-for-profit organisation who play an important role in building strong relationships, families and communities. Anglicare provide support, counselling and advocacy for people struggling with poverty, domestic violence, homelessness, grief, mental wellness and other forms of crisis or trauma.

Support agencies for young people and families



HELPLINES

KIDS HELPLINE - 1800 55 1800

CAMHS URGENT MENTAL HEALTH SUPPORT - 1800 048 636

BEYONBLUE INFO LINE - 1300 22 4636

LIFELINE - 13 11 14

CRISIS CARE - 9223 1111

MENTAL HEALTH EMERGENCY RESPONSE LINE 24/7 - 1300 555 788

SEXUAL ASSAULT RESOURCE CENTRE - 1800 199 888

ALCOHOL AND DRUG INFO SERVICE - 9442 5000

SUICIDE CALL BACK SERVICE - 1300 659 467

Support agencies for young people and families

ONLINE COUNSELLING



Suicide Call Back Service



eHeadspace



Kids Helpline WebChat



beyondblue webchat



Lifeline Crisis Support Chat

TOOLS AND APPS

ReachOut have professionally reviewed mobile apps and tools to help look after your health and wellbeing. Take the quiz now by visiting <https://au.reachout.com/tools-and-apps>

- What's Up?
- Headspace
- MindShift
- Mood Mission
- Smiling Mind
- Recharge
- Pacifica
- Pay It Forward
- Self-help for Anxiety Management
- Reach Out Breathe or WorryTime
- Couch to 5k
- SuperBetter

Support agencies for young people and families

WEBSITES FOR YOUNG PEOPLE

❖ **Headspace**

<https://www.headspace.org.au/>

❖ **Reachout**

<https://au.reachout.com/>

❖ **The Brave Program**

<https://brave4you.psy.uq.edu.au/>

❖ **Beyondblue**

<https://www.beyondblue.org.au/>

❖ **Get the Facts**

<https://www.getthefacts.health.wa.gov.au/>

❖ **Suicide Call Back Service**

<https://www.suicidecallbackservice.org.au/>

❖ **Lifeline**

<https://www.lifeline.org.au/>

❖ **Bite Back – Black Dog Institute**

<https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/bite-back>