

Crisis Support

Emergency

If you or another person is in immediate risk of harm or in an emergency, **dial 000**.

Lifeline

24/7 support for all ages living in Australia.
Phone **13 11 14**

Suicide Call Back Service

24/7 counselling and support for people affected by suicide. Phone **1300 659 467**

Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.
Phone **1800 551 800**

Children & Adolescent Mental Health Service Crisis Connect

24/7 support for young people aged 17 years and under and their families/carers, health professionals, and teachers. Phone **1800 048 636**

Mental Health Resource

This mental health resource is for the general community and can be downloaded to your phone via the My Community App. To access the resource link and App:



- Text the word [Wellbeing4Me](https://www.wellbeing4me.com.au) to [0488 884 151](tel:0488884151)
- or scan the QR code.

Online Support

YOUNG PEOPLE

ehedspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.
Visit [heads.space.org.au](https://heads.space).

RightByYou - by Neami National

A mental health resource for friends of young people at risk. Visit rightbyyou.org.au

Orygen.org.au #chatsafe

Guidelines for young people aged 12-25 years on how to have online conversations about suicide and self-harm. Visit bit.ly/3uZgQY4

PARENTS & CARERS

Neami National

Guide for parents - supporting your child's mentalhealth. Visit bit.ly/3TojBMv

Orygen.org.au - Resources

Coping with self-harm: a guide for parents and carers. Visit bit.ly/3TmVT3g

ReachOut

Provides a free coaching services for parents and carers to support teens through a tough time. Up to four 1-1 sessions available online with an individual coach. Visit:
parents.au.reachout.com/one-on-one-support

SCHOOLS

BeYou.edu.au

Suicide Prevention & Response

Clear, practical guidance and support for secondary school in suicide prevention and response. Visit bit.ly/3RoEOU0

Orygen.org.au

Implementing school-based mental health programs in secondary schools. Visit bit.ly/3Tk78tt

Mental Health and Wellbeing Support

For school communities

COCKBURN

FREMANTLE

MELVILLE

Imagined
Futures



Support for Young People

COUNSELLING

headspace Fremantle

Free counselling support service for young people aged 12-25, for mild to moderate mental health cases.

Phone **08 9431 3600**

Email info@headspacefreo.com.au

Lifeline

Counselling and support for families and individuals.

No referral required. Phone **08 9261 4444**

Email reception@lifelinewa.org.au

Youth Focus

Free face-to-face, web based counselling for young people aged 12 to 25 who may be experiencing mental health challenges. Phone **08 6266 4333**

Email duty.officer@youthfocus.com.au

WELLNESS

City of Cockburn

Cockburn Youth Centre and Youth Support services provides free and low cost activities for young people aged 10-24. Youth workers provide a personalised support for young people dealing with various issues.

Phone **08 9411 3888**

Email youth@cockburn.wa.gov.au

City of Fremantle

Provides a range of events and activities for young people aged. 12-25. Phone **08 9432 9777**

Visit fremantle.wa.gov.au/youth

City of Melville

Willagee Library and Community Centre

Youth Drop In Program. Phone **08 9364 0125**

Blue Gum Community Centre

Youth Drop In - afterschool basketball program for ages 12-25. Phone **08 9364 0148**

Support for Schools

TRAINING

Mental Health and Wellbeing Training

Provides mental health and wellbeing training to support young people, parenting programs and professional development for staff.

Email romy@rdpenterprisesolutions.com.au

Visit rdpenterprisesolutions.com.au

headspace Fremantle

Interactive, strengths-based workshops to increase awareness, knowledge and skills in mental health literacy, accessing support and improving wellbeing. Suitable for ages 12-25 years.

Email MHEP@headspace.org.au

Youth Focus Mental Notes

Delivers free mental health training for secondary schools in WA to support the mental health of young people. Three training streams - students, parents/carers and teachers.

Phone **08 6266 4333**

Email reception@youthfocus.com.au

Standby Support after Suicide

Resources and workshops on supporting children and young people impacted by suicide.

Phone **1300 727 247**

Visit standbysupport.com.au/workshops

Wanslea SKIPS

Supporting Kids in Primary Schools (SKIPS) programs is designed to increase understanding of the impact of mental illness on families. Program includes sessions for Students, staff and parents/carers.

Phone **08 9245 2441**

Visit wanslea.org.au/programs/supporting-kidsin-primary-schools-skips

Support for Families

REFERRAL SERVICES

Fremantle and Rockingham

Family Support Network

Links families into a range of support services.

Phone **1300 951 190**

COUNSELLING

Cockburn Parenting Service

Free service for families with children aged 0-18 years in the City of Cockburn. providing practical advice on children's development, parent education and information, emotional support and strategies to assist those in a parenting role.

Phone **(08) 9411 3855**

360 Health + Community - Alive Program

Helping Individuals at risk of suicide, 17+ years of age work through feelings of suicide or self harm through free intensive counselling and support..

Phone **1300 706 922**

Email info@360.org.au

Meerilinga Parenting Services

Supports mums, dads, new parents, single parents, and caregivers to increase their capacity in developing parenting skills, accessing resources and building on a support network.

Phone **(08) 9331 2211**

Visit meerilinga.org.au/parenting-courseservices

FINANCIAL SUPPORT

Financial Wellbeing Collective

Provides connection to free financial counselling services if you are having trouble paying bills and need someone to advocate and support you.

Phone **1300 932 050** Visit thefwc.org.au