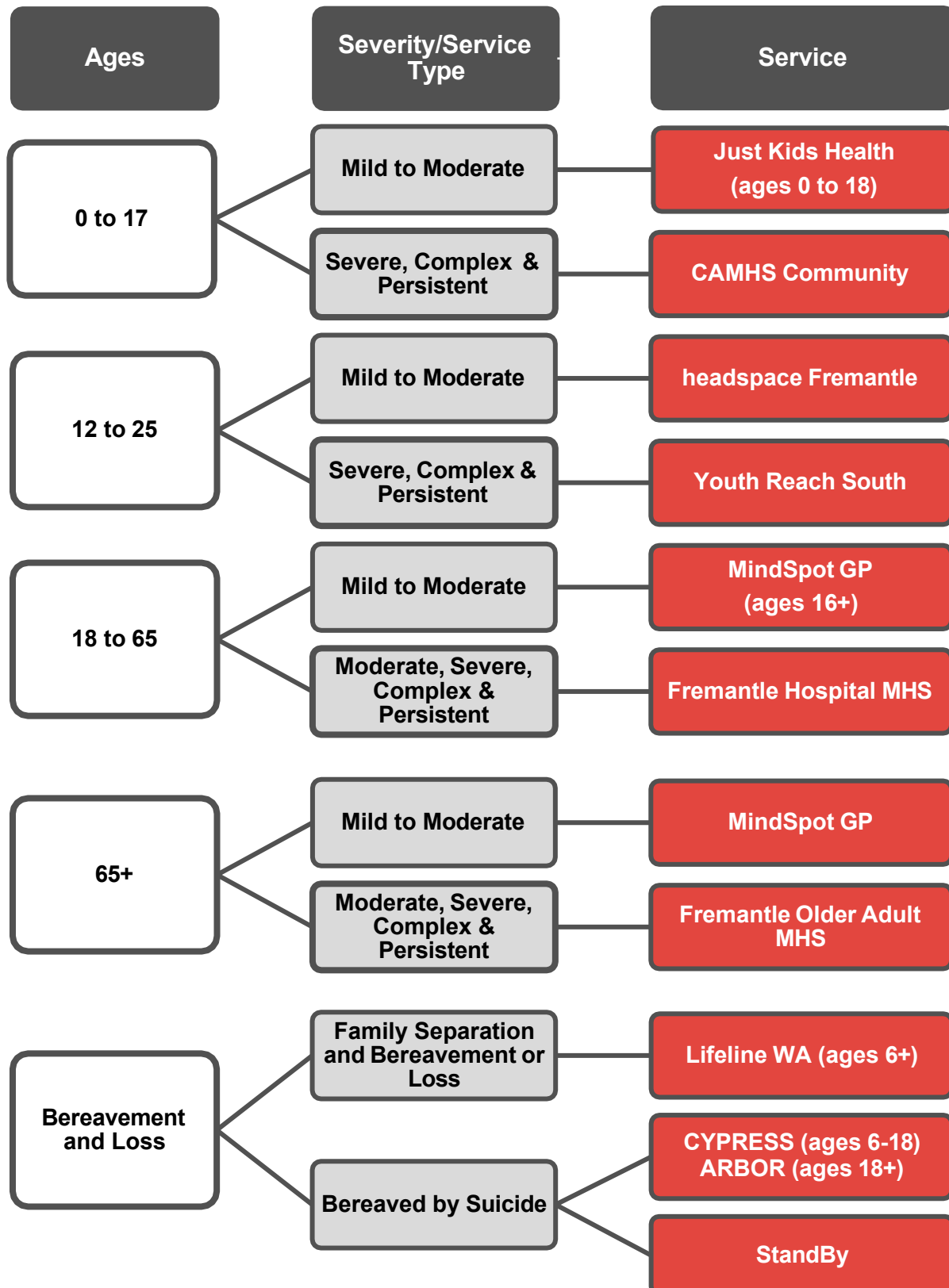


Local Referral Pathways for Depression, Anxiety & Bereavement Non-Crisis Mental Health Services

For Residents of Cockburn, Fremantle and Melville



Service Name	Description	Location	Contact	Referral Method
ARBOR	ARBOR is a free service offering short-medium term grief counselling, practical and emotional support, appropriate referral support, lived-experience peer support, and support groups to people recently impacted by losing loved ones to suicide.	Perth Metro & Outreach	1300 114 446 info@anglicarewa.org.au	Telephone or email
CAMHS Community Service	Community CAMHS provides assessment, case coordination and multidisciplinary treatment services for children and young people experiencing mental health challenges.	Fremantle	08 9435 9700 fremantlecams@health.wa.gov.au	Email referral form
CYPRESS	CYPRESS is a free long-term support service for children and young people who have been bereaved by suicide. Outreach, counselling, support groups and more is offered.	Perth Metro & Outreach	1300 114 446 info@anglicarewa.org.au	Telephone or email
Fremantle Hospital MHS	The Fremantle Hospital Mental Health Service provides recovery focused mental health services. It works in partnership with consumers and their carers, acknowledging that each individual is an expert in their own recovery.	Fremantle Hospital	08 9431 3555	Online referral form
Fremantle Older Adult MHS	Fremantle Older Adult Mental Health Service is a specialist service providing assessment for adults over the age of 65 and who have a mental health disorder that may be complicated by the physical conditions of aging.	Fremantle Hospital	08 9431 3600	Online referral form
headspace Fremantle	headspace the National Mental Health Foundation provides early intervention counselling and support to young people from qualified professionals. Services include mental health, drug & alcohol services, sexual health, and work and study.	Fremantle	08 9431 7453 info@headspacefreo.com.au	Email referral form
Just Kids Health	Just Kids Health are Children's Nurse Practitioners who treat babies to teens and support their families with health issues, behaviour concerns, anxiety, low mood, loss of wellbeing. Screen, assess, support, treat, refer as needed.	Success, Cockburn	08 6243 1711 info@justkidshealth.com.au	No referral required
Lifeline WA Counselling and Support	Lifeline WA provides counselling and support for families, children, young people, and individuals affected before, during, or after separation, bereavement, or loss. Counsellors are highly experienced and trained professionals.	Northbridge	08 9261 4444 reception@lifelinewa.org.au	No referral required
MindSpot GP	MindSpot GP provides your patients with free, clinically validated online and telephone-based assessment and treatment for anxiety, depression, OCD, PTSD, substance use, and coping with chronic pain and chronic health conditions.	Telephone & online	1800 614 434 contact@mindspot.org.au	Online referral via website
StandBy	StandBy is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life providing free face-to face and/or telephone support 24 hours a day, seven days a week.	Telephone & Face-to-face	1300 727 247 Email through website contact form	No referral required
Youth Reach South	Youth Reach South is a specialist mental health service providing counselling, therapy, and case management to young people with serious mental health problems and barriers for accessing mainstream services.	Success, Cockburn	1300 362 569 YouthReachSouthTriage@health.wa.gov.au	Phone or email