

Some Community Services for young people and families in Mandurah / Peel Region

For immediate assistance in a life threatening emergency, as always it is 000.

Crisis support and info:

Crisis Care 9223 1111, more info [here](#).

If you have urgent concerns about the mental health and safety of your teenager, calling the PMH Acute Response Team is recommended, and better than simply presenting to an emergency department.

They may be able to provide some assessment and advice over the phone, can coordinate a more streamlined assessment at a hospital, or even potentially complete a risk assessment at your home. 1800 048 636 (8am – 10pm), 9340 8222 (overnight - ask for PLN pager 2065). More info [here](#).

Peel Youth Medical Service – PYMS (with links to a private psychologist onsite) 9583 5435

12- 25yrs. Free (Medicare bulk billed)

<http://www.gpdownsouth.com.au/youth-health>

Billy Dower Youth Centre, 75 Dower St Mandurah

Youth Focus

12-18 yrs. Free. Early signs depression and self-harm.

6266 4333 www.youthfocus.com.au

Billy Dower Youth Centre

Also offer a separate support service for extended family members supporting a young person experiencing these issues, regardless of whether the young person is themselves a Youth Focus client.

headspace

A free (medicare bulk billing) national youth support service (GPs, Psychs) – closest location Rockingham

<http://www.headspace.org.au/headspace-centres/headspace-rockingham>

Reconnect

12-18yrs. For youth experiencing difficulty living at home (e.g., conflict, risk of homelessness). Counselling and practical support to young person and also parents, including mediation.

Mandurah (Mission Australia) 9531 9400

Rockingham/Fremantle (MercyCare) 1800 800 046

Parent and Adolescent Counselling Service – PACS

(Kinway, Anglicare) in Rockingham

9263 2121 Free

<https://www.anglicarewa.org.au/relationships/counselling/parent-adolescent-counselling.aspx>

Relationships Australia

9583 6000 <http://www.relationshipswa.org.au/>

7 Anzac Pl, Mandurah

Allambee Counselling Inc

9535 8263 www.allambee.org.au

Free. People affected by family and domestic violence or other controlling behaviours, and/or sexual assaults and abuse.

Suite 16, Lotteries House, Anzac Place Mandurah

Anglicare have a range of counselling services, for help with issues related to relationships, family separation, parenting, anger, domestic violence (women & children) and others.

www.anglicarewa.org.au/relationships

Family Therapy Services (Perth) *Well worth thinking about for some issues where a systemic approach with family may have much more impact than an individual therapy approach with student*

Systemic Consultation Centre (low cost option exists)

9389 9064 www.systemicconsultationcentre.com.au

William Street Family Therapy Centre

9227 8038 www.wsftc.com.au

Information & Support links for young people

Support Phone Lines

Kids Helpline 1800 55 1800

Lifeline 13 14 11

eheadspace 1800 650 890

Suicide Call Back Service (teens 15+ and adults)

24/7 Free phone and online counselling for anyone affected (e.g., feeling suicidal, lost someone by suicide, or caring for someone who is feeling suicidal)

In addition to immediate support on contact, up to 6 further sessions with the same counsellor can be scheduled at a time that suits you.

1300 659 467 www.suicidecallbackservice.org.au

Online interactive support (e.g., chat, email)

www.lifeline.org.au

www.eheadspace.org.au

www.kidshelp.com.au

Online self help programs

www.moodgym.anu.edu.au (depression)

www.ecouch.anu.edu.au (anxiety & depression)

www.beacon.anu.edu.au (portal to online apps)

www.mindspot.org.au (for 18+)

Youth support websites

www.reachout.com.au

www.youthbeyondblue.com

www.biteback.org.au (positive psych wellbeing)

Parenting Courses & Seminars

Two local providers of seminars and courses are:

Relationships Australia

<http://www.relationshipswa.org.au/>

Community Link & Network (CLAN)

<http://www.clanwa.com.au/>

Private Psychology in Peel Region

Some private psychology services attract Medicare rebates. The client would need to see a GP (long appointment), psychiatrist or paediatrician first for an assessment to determine eligibility for a mental health care plan and referral to a private psychologist who is a Medicare provider.

Some private providers in the Mandurah area

(not a comprehensive list):

Perth Psychological Services (Mandurah)

9443 3709 www.perthpsychology.com.au

Unit 2/ 36 Ormsby Tce, Mandurah

Mandurah Counselling Services

9534 9544 www.mandurahcounselling.com.au

Cnr Anstruther Rd & Moat St, Mandurah

Other providers may be found through websites such as:

www.psychology.org.au (APS find a psych)