Regional Crisis Response Information

Local mental health services and information for WA grain growing communities to help you, or someone within your community, manage the response to a crisis.

Lifeline WA

CBH GROUP

Together we are aiming to empower growers and regional communities to look after their mental health.

As part of the Regional Mental Wellness Program, four of the most trusted providers of mental health services have joined forces to provide the best mental health care for the Western Australian grain-growing regions, facilitated and supported by CBH.

This resource has been developed by Lifeline WA in conjunction with CBH and supported by Youth Focus, MIFWA and Black Dog Institute.

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As part of the Regional Mental Health Program, the following organisations will aim to ensure that everyone in WA's grain-growing communities has access to the support services they need.

Lifeline WA
No one needs to face their problems alone.
Help is available 24/7.
Call 13 11 14
Text 0477 13 11 14
Chat lifeline.org.au/crisis-chat

Black Dog Institute
Providing training, suitable for GPs and health professionals.

MIFWA
Providing training and workshops, suitable for youth (ages 13 – 19) and the whole community.

Youth Focus
Providing online and face to face counselling. Suitable for young people (ages 12-25).

I’m having a difficult time

There is a tendency not to talk about problems until things are desperate, however it does not need to be this way. Feelings can look and feel different for everyone, but it is important to know that experiencing difficult times in your life is normal and common.

Whatever the case is, please know that there is always support available. If you, or someone you know, is having a difficult time, it might be a sign to speak to a GP or seek further help. You can find a local GP via **healthdirect.gov.au**.

Here are some signs to look out for:

- Withdrawing from others and usual activities
- Feeling overwhelmed and finding it hard to cope with everyday tasks
- Using alcohol or drugs to cope
- Feeling tearful, wanting to cry all the time
- Feeling irritable, restless, or agitated
- Lacking energy or feeling tired all the time
- Feeling angry or short tempered
- Experiencing 'brain fog', finding it hard to think clearly, loss of concentration
- Changes to your sleeping or eating patterns
- Feeling like no one seems to understand you
- Feeling lonely
- Having suicidal thoughts

Lifeline

No matter what you're feeling, Lifeline WA is here to listen 24/7
Call 13 11 14
Text 0477 13 11 14
Chat online lifeline.org.au/crisis-chat

Suicide Call Back Service

Free support for people affected by suicide.
1300 659 467
suicidecallbackservice.org.au

Kids Helpline

Free, confidential 24-hour phone, email and web counselling.
1800 551 800
kidshelpline.com.au

Beyond Blue

Online and phone support, resources, and information.
1300 224 636
beyondblue.org.au

MensLine Australia

Offering support for Australian men, anywhere and anytime.
1300 789 978
mensline.org.au

1800 RESPECT

National sexual assault and domestic family violence counselling service.
1800 737 732
0458 737 732 (24-hour text line)
1800respect.org.au

Crisis Care (Child Protection and Family Support)

Offering Western Australian's an after hours service to report concerns for a child's safety and wellbeing.
1800 199 008

Wheatbelt Support Services

Photo credit:
Melissa Downsborough, Burracoppin

Alcohol and Drug Support

Holyoake

Northam, Merredin and Narrogin

Offering confidential, professional counselling and support to help people who are affected by alcohol and/or other drugs directly or indirectly. Also offering outreach services across the Wheatbelt on a regular referral basis.
Narrogin: 08 9621 1055
Northam: 08 9621 1055
Merredin: 08 9621 1055
Prevention Team: 08 9881 1999
Holyoake.org.au

Mental Health Commission, Alcohol, Drug & Mental Health Support Service (ADMHSS)

Providing 24/7 non-judgemental telephone counselling, information, referral and support for alcohol and drug use.
1800 198 024 or 08 9442 5000

Parent and Family Drug Support Line

Telephone counselling, information and referral service for anyone concerned about someone's alcohol or drug use.
1800 653 203 or 08 9442 5000

Bereavement and Grief

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through parent separation, grief and bereavement, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

Family and Domestic Violence

Wheatbelt Domestic Violence Helpline

Support for women, with or without children, who are experiencing family and domestic violence.
1800 353 122

Narrogin Outreach Counselling Service

This program offers outreach support to women who have recently utilised the Women's Refuge or feel they need support to work through family and domestic violence issues in their existing relationships.
1800 007 570

Share and Care Community Services Group, Northam

Offering support, information, resources and assistance to achieve victim safety and perpetrator accountability.
08 9622 2828

Parkerville Children and Youth Care

Wheatbelt Therapeutic Family Services provides specialised individual counselling to children, young people and adults who have experienced or are affected by child sexual abuse. Supports children and adolescents 12 to 17 years old who are experiencing, or at risk of, homelessness due to conflict with their family. The young people may be living at home or living away from home.
08 9235 7000
0409 181 336
parkerville.org.au

General Health / Mental Health

Health Direct

Offering general health information from registered nurses 24 hours a day, 7 days a week.
1800 022 222
healthdirect.gov.au

WHEATBELT CONT.

Wheatbelt Mental Health Service, WA Country Health Service

Providing free, confidential, quality, community mental health care to people of all ages in the Wheatbelt communities.
General: 08 9621 0999
Northam: 08 9621 0999
Narrogin: 9881 0333
Merredin: 08 9081 3222
wacountry.health.wa.gov.au

Wheatbelt Agcare Family Counselling

A free, mobile, family counselling service for families, couples or individuals who are experiencing a challenge or issue in their lives, and reside in: Central and Northern Eastern Wheatbelt

Shires of Kellerberrin, Merredin, Mt Marshall, Mukinbudin, Nungarin, Tammin, Trayning, Westonia, Yilgarn
Contact: (08) 9046 5091
Mobile: 0488 465 081

Shires of Dowerin, Koorda, Wyalkatchem
Mobile: 0488 964 255

Rural Link

An after hours service for people in rural and regional WA experiencing a mental health crisis.
1800 552 002
mhc.wa.gov.au/getting-help/helplines/rurallink

Amity Health

Delivering health care to adults and children in the Wheatbelt region, including mental health support.
08 9842 2797
amityhealth.com.au/wheatbelt-region

Helping Minds

Providing a variety of mental health carer support services.
1800 811 747
helpingminds.org.au

Wheatbelt Health Network

Northam and Narrogin

Providing multidisciplinary primary care and NDIS services across the Wheatbelt.
Northam: 08 9621 4444
Wundowie: 08 9621 4444
Narrogin: Aboriginal Health
08 9881 0385
wheatbelt.com.au

Central Agcare Family Counselling

A free, mobile, family counselling service to all age groups from 5 years of age who reside in: Brookton, Bruce Rock, Corrigin, Hyden, Kondinin, Kulin, Narembeen, Pingelly, Quairading and Wickepin. Qualified Family Counsellors who can help individuals, families and couples negotiate their way through distressing experiences and bring understanding to them. Counselling services can take place either face to face or by phone.
0427 133 711 or 0456 294 765

Financial Support

Rural West

Providing a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.
1800 612 004
ruralwest.com.au

Community Support

The Regional Men's Health Initiative

Raising awareness of men's health and wellbeing in regional, rural and remote communities throughout WA.
08 6314 1436
regionalmenshealth.com.au

Headspace
Northam
Providing counselling and support to young people from 12-25 years.
08 9621 5000
headspace.org.au/headspace-centres/northam/

MIFWA
Offering a comprehensive range of support services to people with mental illness, their carers, families and friends.
08 9237 8900
mifwa.org.au

Narrogin Financial Counselling Service
Assists individuals and families experiencing financial crisis to address their financial situation through the provision of counselling, advocacy, referral and the Hardship Utility Grant Scheme (HUGS).
08 9881 1363

Photo credit:
Clay Kent, Bodallin

Great Southern Support Services

Photo credit:
Nancey Dewar, Ongerup

Alcohol and Drug Support

Palmerston

Great Southern Community Drug Service Team.
08 9892 2100
palmerston.org.au/contact/

Alcohol, Drug and Mental Health Support Service

Providing 24/7 non-judgemental telephone counselling, information, referral and support lines for alcohol and drug use.
1800 198 024
Mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/

Bereavement and Grief

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through parent separation, grief and bereavement, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

Southern Agcare

Professional counselling and support services for rural people provided by rural people in the Great Southern, WA.
08 9827 1552
southernagcare.org.au/services/

Family and Domestic Violence

Albany Women's Centre

Offering women, with or without children, affected by family and domestic violence, a safe refuge and support services.
08 9845 6000
anglicarewa.org.au/get-help/family-and-domestic-violence/albany-women's-centre

General Health / Mental Health

Health Direct

Offering general health information from registered nurses 24 hours a day, 7 days a week.
1800 022 222
healthdirect.gov.au

Great Southern Mental Health Service, WA Country Health Service

Providing free, confidential, quality, community mental health care to people of all ages in Great Southern communities.
08 9892 2440
wacountry.health.wa.gov.au

Rural Link

After hours mental health telephone service for people in rural communities of Western Australia.
1800 552 002
mhc.wa.gov.au/getting-help/helplines/rurallink

Amity Health

Delivering health care to adults and children in the Great Southern region, including mental health support.
08 9842 2797
amityhealth.com.au/great-southern-region

GREAT SOUTHERN CONT.

Depression Support Network Albany

Providing a range of support to sufferers, carers, and families of people with depression, including education, support for individuals, workshops, forums and support groups.
08 9842 1439
0428 289 578
dsnalbany.com.au

Financial Support

Rural West

Providing a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.
1800 612 004
ruralwest.com.au

Community Support

The Regional Men's Health Initiative

Raising awareness of men's health and wellbeing in regional, rural and remote communities throughout WA.
08 6314 1436
regionalmenshealth.com.au

MIFWA

Offering a comprehensive range of support services to people with mental illness, their carers, families and friends.
08 9237 8900
mifwa.org.au

Headspace Albany

Providing counselling and support to young people from 12-25 years.
08 9842 9871
headspace.org.au/headspace-centres/albany/

Photo credit:
Hannah Repacholi, Kondinin

Midwest Support Services

Photo credit:
Jayde Teakle, Northampton

Alcohol and Drug Support

Hope Community Services

Providing support to people affected by alcohol and other drugs, mental ill-health, youth justice issues and socioeconomic disadvantage.
1300 HOPEWA
1300 467 392
hopecommunityservices.org.au

Alcohol, Drug and Mental Health Support Service

Providing 24/7 non-judgemental telephone counselling, information, referral and support lines for alcohol and drug use.
1800 198 024

Bereavement and Grief

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through parent separation, grief and bereavement, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

General Health / Mental Health

Headspace Geraldton

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.
08 9943 8122

Health Direct

Offering general health information from registered nurses 24 hours a day, 7 days a week.
1800 022 222
healthdirect.gov.au

Midwest Mental Health & Community Alcohol and Drug Service, WA Country Health Service

Providing free, confidential, quality, community mental health care to people of all ages in Midwest communities.
1800 051 999
wacountry.health.wa.gov.au

Rural Link

An after hours mental health telephone service for people in rural communities of Western Australia.
1800 552 002
mhc.wa.gov.au/getting-help/helplines/rurallink

Financial Support

Rural West

Providing a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.
1800 612 004
ruralwest.com.au

Community Support

The Regional Men's Health Initiative

Raising awareness of men's health and wellbeing in regional, rural and remote communities throughout WA.
08 6314 1436
regionalmenshealth.com.au

MIFWA

Offering a comprehensive range of support services to people with mental illness, their carers, families and friends.
08 9237 8900
mifwa.org.au

Esperance Support Services

Photo credit:
John Carmody, Cascade

Alcohol and Drug Support

Hope Community Services

Providing support to people affected by alcohol and other drugs, mental ill-health, youth justice issues and socioeconomic disadvantage.
1300 HOPEWA
1300 467 392
hopecommunityservices.org.au

Goldfields Rehabilitation Services

Providing holistic and supervised Residential Rehabilitation Treatment Service for residents who have been affected by alcohol, other drug dependency, sexual violence, or cannabis issues.
08 9021 4732
grsi.org.au

Alcohol and Drug Support Service

Providing 24/7 non-judgemental telephone counselling, information, referral and support lines for alcohol and drug use.
1800 198 024

Bereavement and Grief

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through parent separation, grief and bereavement, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

General Health / Mental Health

Health Direct

Offering general health information from registered nurses 24 hours a day, 7 days a week.
1800 022 222
healthdirect.gov.au

Rural Link

An after hours mental health telephone service for people in rural communities of Western Australia.
1800 552 002
mhc.wa.gov.au/getting-help/helplines/rurallink

Amity Health

Delivering health care to adults and children in the Goldfields region, including mental health support.
08 9842 2797
amityhealth.com.au/goldfields-region

ESPERANCE CONT.

Financial Support

Rural West

Providing a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.
1800 612 004
ruralwest.com.au

Community Support

The Regional Men's Health Initiative

Raising awareness of men's health and wellbeing in regional, rural and remote communities throughout WA.
08 9690 2277
regionalmenshealth.com.au

MIFWA

Offering a comprehensive range of support services to people with mental illness, their carers, families and friends.
08 9237 8900
mifwa.org.au

Headspace Kalgoorlie

A safe place for young people aged 12 to 25 where they come to have a yarn about being stressed, bullied, if they are struggling with friendships or need someone to talk to about contraception, sexual health, sexuality, identity or relationships, drinking or drug use.
08 9021 5599
headspace.org.au/headspace-centres/kalgoorlie/

Rural Link

Rural Link is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.
1800 552 002

Photo credit:
Natasha Mills, Pithara

Stress, Anxiety and Depression

Farming can be a stressful occupation, especially during times of harvest, extreme climate events or economic pressure. During these times it is more important than ever to take care of yourself and focus on eating regularly and getting enough sleep.

Depression, the persistent lowering of your mood, which can last for weeks, months or even years, and sometimes without any apparent reason, can often exist alongside stress and anxiety. Depression can interfere with a person's daily life, making it hard to cope. Understanding and recognising symptoms in ourselves or others is an important step in managing depression. There are many effective ways to treat depression and many individuals go on to lead meaningful and productive lives.

By seeking support, it is possible to manage stress levels, get help for depression, and feel more equipped to cope.

If you are struggling with stress, anxiety or depression, a GP can assist you in creating a mental health care plan, or refer you to local supports.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

Beyond Blue

Online and phone support and information about depression, anxiety, or suicidal thoughts.
1300 22 4636
beyondblue.org.au

Suicide Call Back Service

Free support for people affected by suicide.
1300 659 467
suicidecallbackservice.org.au

MensLine Australia

Offering support for Australian men, anywhere and anytime.
1300 789 978
mensline.org.au

Q Life

Counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI+)
1800 184 527
qlife.org.au

Helping Minds

Providing a variety of mental health carer support services.
1800 811 747
(08) 9427 7100
helpingminds.org.au

OpenArms Veterans and Family Counselling

Mental heath support for current and ex-serving Australian Defence Force personnel and their families.
1800 011 046
openarms.gov.au

Men's Shed WA

Men's Sheds are located in many local communities in WA, including regional areas. They provide a place where men can get together, share their skills and de-stress. Find your nearest Men's Shed:
08 6381 5324
mensshedswa.org.au

PANDA (perinatal anxiety and depression)

Supporting families to recover from post and antenatal depression and anxiety.
1300 726 306
panda.org.au

Domestic and Family Violence

Rates of domestic and family violence are higher in regional, rural and remote areas. Geographical and social structures in these communities, as well as unique social values and norms, result in specific experiences of domestic and family violence.

Domestic and family violence occurs when someone who has a close personal relationship with you makes you feel afraid, powerless or unsafe. It can be physical, but it can also be emotional and psychological. Non-physical forms of abuse can be just as damaging as physical assaults. If you feel disrespected, unable to be yourself, afraid to disagree, or negotiate for what you want, this may be a sign of abuse.

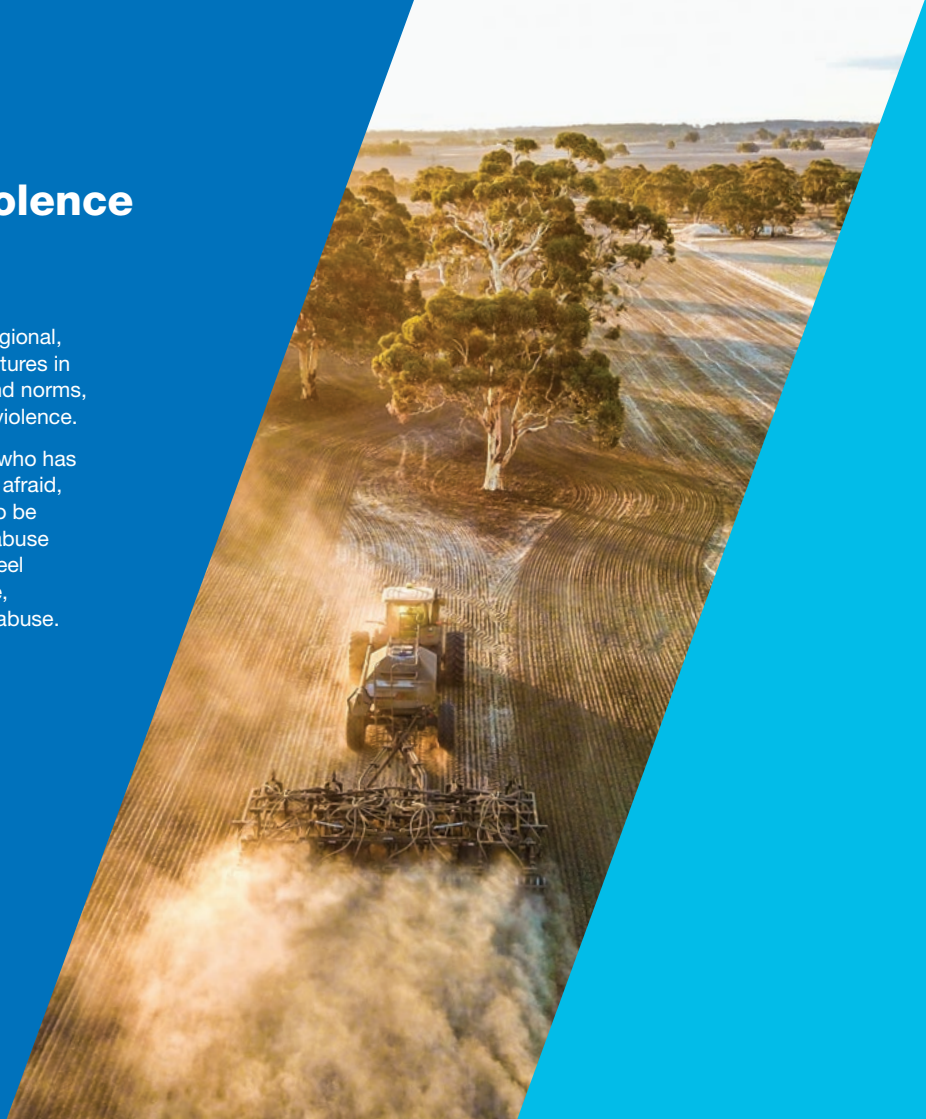

Photo credit:
Alex Emin, York

Forms of abuse and violence can include:

- Physical harm - threats of self/physical harm, smashing things, hurting pets
- Emotional and psychological abuse - humiliation, put-downs and blaming
- Financial abuse - strict or unfair control of money
- Verbal abuse - name-calling, yelling
- Social abuse - controlling where you go and who you see
- Sexual abuse - and rape
- Stalking - following, making excessive phone calls, texts or emails
- Spiritual or cultural abuse - controlling practices or choice

If you, or someone you know needs support, speak to a GP or seek further help.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

DV Assist

A non-government agency providing an anonymous, confidential, and free counselling service.
1800 080 083
dvassist.org.au

1800 RESPECT

National sexual assault and domestic family violence counselling service.
Call 1800 737 732
Text 0458 737 732
1800respect.org.au

Relationships Australia

Offering support services for individuals, families, and communities.
1300 364 277
relationships.org.au

Men's Domestic Violence Helpline

Information and support for men who have experienced family and domestic violence.
1800 000 599

Women's Domestic Violence Helpline

Information and support for women who have experienced family and domestic violence.
1800 007 339

Sexual Assault Resource Centre (SARC)

Providing a range of free services and telephone advice/support to those who have experienced sexual violence, in both metropolitan Perth and regional WA.
1800 199 888
08 6458 1828

Elder Abuse Helpline WA

Information and support services for elder Australians.
1300 724 679
wa.gov.au/organization/department-of-communitities/elder-abuse-and-the-mistreatment-of-older-people

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through separation, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

Bereaved by Suicide

Grief is experienced and expressed in different ways. When someone tragically takes their own life, those left behind, the bereaved, often experience a very complicated form of grief. Many of these reactions can relate to the person no longer physically being in your life, and some may relate to the fact that the death was by suicide. If you have experienced the suicide of a friend or loved one, it is important to find support.

If you, or someone you know, needs support, speak to a GP or seek further help.

Visit **heathdirect.gov.au** to find a local GP, or reach out to one of the following support services.

Photo credit:
Chris Antonio, Northam

Some suggestions for support include:

- Ask for help - talk to a counsellor/ psychologist, a helpline like Lifeline (**13 11 14**), friends and family, online support groups, or a GP to find comfort, support, and ways to cope.
- Take time out – it is okay to give yourself time out from the pain you are experiencing.
- Stay connected and accept support from friends, family, and support networks.
- Honour the deceased person – talk about them, share memories/photos, or practice any spiritual or cultural activities that are meaningful to you.
- Stay healthy – eat well, hydrate, exercise and get quality sleep.
- Consider joining a suicide bereavement group – sharing your experience with others who have been through similar loss might be helpful for you to connect and feel you are not alone.

Lifeline WA Parent Separation, Grief and Bereavement Counselling

Offering free counselling to parents, families and children going through parent separation, grief and bereavement, in person or phone/video counselling.
08 9261 4498
wa.lifeline.org.au

Beyond Blue

Online and phone support, resources, and information.
1300 224 636
beyondblue.org.au

Active Response Bereavement Outreach (ARBOR)

Grief-counselling, practical/emotional support, volunteer lived-experience peer support and support groups for people who have lost loved ones to suicide.
1300 11 44 46
anglicarewa.org.au

Griefline (midday - 3am EST)

National helpline offering confidential phone counselling.
1300 845 745

Supporting Someone After a Loss

The immediate aftermath of someone taking their own life can be confusing, painful, and extremely challenging. The ones left behind can feel overwhelmed with feelings of deep sadness, disbelief, and numbness, and can even feel angry at the person for not reaching out for help. It is important to remember that there is no “right way” to grieve, and the best thing you can do to support someone after a loss is to listen without judgement and be there to support them however they may need. Practical support can include offering to notify people of the death, helping with daily tasks (ie. meals and washing), organising the funeral, and not being afraid to invite the bereaved person to talk about the person who has died.

Please note, there are a number of Suicide Prevention Coordinators across Western Australia. You can reach out to find your local contact through: **thinkmentalhealthwa.com.au/think-mental-health/suicide-prevention-coordinators-and-regions/**

Financial Stress

Financial stress can occur in many situations and under various circumstances. Some situations that might cause financial stress include losing a job or being retrenched, long-term unemployment, being unable to get full-time work, inability to pay bills or not being able to deal with the increasing costs of living. Worrying about money is not uncommon, however, if it is affecting your physical or emotional health and relationships, it is important to seek help.

If you, or someone you know needs support, speak to a GP or seek further help. Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

Financial Counsellors Association of WA

Free and confidential assistance for those experiencing financial difficulties.
08 9325 1617
fcawa.org

National Debt Helpline

Free and confidential financial counselling.
1800 007 007
ndh.org.au

Rural West

Providing a free and confidential counselling service to regional small businesses and all primary production enterprises in WA, who are navigating their way through difficult and turbulent times.
1800 612 004
ruralwest.com.au

Gambling Help WA

Centrecare's free service and information for people affected by problem gambling.
08 9325 6644
centrecare.com.au/rural-services/gambling-help-services

Gambling Help Online

Private and confidential support for anyone affected by gambling.
1800 858 858
gamblinghelponline.org.au

National Debt Helpline

1800 007 007
ndh.org.au

Narrogin Financial Counselling Service

Assists individuals and families experiencing financial crisis to address their financial situation through the provision of counselling, advocacy, referral and the Hardship Utility Grant Scheme (HUGS).
08 9881 1363

Farmers Assistance Hotline

A telephone hotline for farmers, their families and rural communities, providing information about the Farm Household Allowance which provides financial assistance for farmers and their families who are experiencing financial hardship.
13 23 16

Alcohol and Drug Support

Substance misuse is the harmful use of substances (like drugs and alcohol) for non-medical purposes. Often associated with the use of illicit drugs, legal substances can also be misused, such as alcohol, prescription or over-the-counter medication, caffeine, nicotine and volatile substances (e.g. petrol, glue, paint).

Addiction is a physical and/or psychological need for a substance, due to regular, continued use. Some substances are highly addictive, others are less addictive. However, the symptoms of addiction are similar no matter which substance is used.

If you, or someone you know needs support, speak to a GP or seek further help.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

Alcohol and Drug Support Line

A confidential and non-judgemental telephone counselling, information, and referral service for anyone seeking help for their own or another person's alcohol or drug use.
1800 198 024 (Regional) or
08 9442 5000 (Metro)

Parent and Family Drug Support Line

A service offering telephone counselling, information and referrals to parents and family members of people that use alcohol and other drugs.
1800 653 203 (Regional) or
08 9442 5050 (Metro)

Aboriginal Alcohol and Drug Service

Counselling and referral support for Aboriginal people with drug related issues.
08 9221 1411

Alcoholics Anonymous (AA)

Self-help groups with meetings all over Western Australia.
1300 222 222
aaperthwa.org

Holyoake

Counselling and support for people struggling with drug and alcohol problems.
1800 447 172 or
08 9621 1055
holyoake.org.au

Narcotics Anonymous (NA)

Self-help groups with meetings all over Western Australia.
1300 652 820
na.org.au

Wungening Aboriginal Corporation

Provides support for Aboriginal people addressing the harmful effects of alcohol and other drugs
Armadale: 08 6558 1000
East Perth: 08 9221 1411
Midland: 08 6330 7070
Mirrabooka: 08 6558 1041
Rockingham: 08 6558 1090
www.wungening.com.au/alcohol-and-other-drugs-support

Children, Youth, and Young Adults

Challenges, difficulties, and mental health concerns do not discriminate based on age. These issues affect us all. For younger people there can often be barriers to seeking support including feelings of isolation, not feeling understood or the gravity of their concerns being dismissed, not knowing where or how to seek support, and not knowing who to speak to. Having a safe space to express worries, feelings and concerns can be beneficial to work through difficulties, increase connectedness and confidence and feel heard. Opening up can also reduce anxiety, build confidence, and foster strong communities for both youth and young adults.

If you, or a young person you know, needs support, speak to a GP or seek further help.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

Youth Focus

Offering free face-to-face counselling and education programs aimed at building long-term wellbeing for young people.
08 6266 4333
youthfocus.com.au

Youthbeyondblue

Support for young people experiencing anxiety and depression (12-25 year olds).
1300 224 636
beyondblue.org.au/who-does-it-affect/young-people

headspace

Information and services for 12-25 year olds and their families, including online support.
1800 650 890
headspace.org.au

Child and Adolescent Mental Health Support

Support, advice and treatment for young people and their families who are experiencing mental health issues.
08 6456 2222
cahs.health.wa.gov.au

Kids Helpline

Free, confidential 24-hour phone, email and web counselling.
1800 551 800
kidshelpline.com.au

Children and Young People Responsive Suicide Support (CYPRESS)

A free and long-term support service for children and young people between the ages of 6 and 18 years who have been bereaved by suicide.
1300 114 446
Anglicarewa.org.au/get-help/suicide-postvention/children-young-people-responsive-suicide-support

20Talk

Facilitating open nights and interactive gigs for young adults, encouraging them to talk about mental health.
20talk.com.au

Crisis Care

Offering Western Australians an after-hours service to report concerns for a child's safety and wellbeing.
1800 199 008

LGBTIQ+ Support

In Australia, and other parts of the world, the acronym LGBTIQ+ attempts to capture diversity and stands for lesbian, gay, bisexuality, trans, gender diverse, non-binary, intersex, and queer peoples. The '+' stands for all other sexualities, sexes, and genders that are not captured within these letters. LGBTIQ+ people may experience discrimination, harassment, and hostility in many parts of their everyday life – in their places of work and education, when accessing health or other services. Issues impacting people who identify as LGBTIQ+ can be complex and varying, unique to everyone. As such, the experience, response, and impact for each individual will differ from person to person.

If you, or someone you know needs support, speak to a GP or seek further help.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services:

Living Proud

Providing support to Western Australia's gay, lesbian, trans and intersex community.
0418 085 215
livingproud.org.au

P Flag

Supporting people in Western Australia by helping families and friends understand and support their LGBTI loved ones with knowledge, acceptance, love and pride.
0404 594 699
pflagwa.org.au

Q Life

A counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI+).
1800 184 527
qlife.org.au

Aboriginal and Torres Strait Islander Support

For Aboriginal and Torres Strait Islander peoples, good health is often about physical, emotional, social, cultural, and spiritual wellbeing, for both the individual and the community. Tragically the rates of depression and suicide among Aboriginal and Torres Strait Islander peoples are high and there are some unique factors that have an impact on the social and emotional wellbeing of this community.

If you, or someone you know needs support, speak to a GP, or seek further help.

Visit **healthdirect.gov.au** to find a local GP, or reach out to one of the following support services.

Wungening Aboriginal Corporation

Empowering Aboriginal peoples to reconnect with their mind, body, spirit and community.
Armadale: 08 6558 1000
East Perth: 08 9221 1411
Midland: 08 6330 7070
Mirrabooka: 08 6558 1041
Rockingham: 08 6558 1090
wungening.com.au

Derbal Yerrigan Health Service

Providing a range of health services to Aboriginal peoples within Perth metropolitan region.
08 9421 3888
dyhs.org.au

Indigenous Psychological Services

Providing Aboriginal mental health training, suicide intervention programs, and psychological tests for Aboriginal peoples.
08 9362 2036
indigenouspsychservices.com.au

Relationships Australia - Moorditj Yarning

An Aboriginal specific program of Relationships Australia WA. Services include counselling; yarning around a broad range of issues, and other programs that the Aboriginal community identify as useful: women's art and craft groups, children's traditional and contemporary dance and men's group.
1300 364 277
relationshipswa.org.au/services/aboriginal-community-support/moorditj-yarning

MindSpot Indigenous Wellbeing Course

Designed to help Aboriginal and Torres Strait Islander adults aged 18 years and over to learn to manage mild, moderate, and severe symptoms of depression and anxiety.
1800 61 44 34
mindspot.org.au/indigenous-wellbeing

Keedac

Head office (Narrogin): 0491 842 491
Northam office: 08 9622 8211

As One Nyitting

Office Locations in Northam and Moora.
0400 948 732 or
0400 928 147

Brother to Brother

The Brother to Brother crisis line provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons. The line is staffed by Aboriginal men, including Elders, who have a lived experience in the issues that the line offers support for.
1800 435 799

Mooditj Youth

An initiative led by local Noongar youth. This mentoring and leadership program is aimed at reaching high risk youth aged between 6 and 25 years.
Malcolm Jetta: 0402 492 886

Living with a Disability

Around 4.3 million people in Australia are living with a disability. People with disabilities, just like everyone else, have aspirations, abilities, and contributions to make to their local communities. They experience the usual ups and downs of life and, for some people, living with a disability may impact their mental health and wellbeing.

Carers are people who provide care and support to family members and friends who have a disability, mental illness, or a chronic condition. There are over 2.7 million people who are caring for others in Australia. As a result of this help and support, carers can also experience impacts to their own wellbeing.

If you are someone living with a disability, or a carer of someone with a disability, it is important to know that there is support available to you, to help you navigate the challenges unique to your experiences.

CarersWA

Supporting carers in Western Australia.
1300 227 377
carerswa.asn.au

Disability Services, WA Department of Communities

Providing a range of direct services offering support, information and resources to people with disability, their families and carers.
1800 176 888 (freecall)
disability.wa.gov.au

Autism WA

Information and support for people with autism and their families.
Metro: 08 9489 8900
Regional: 1800 636 427
autism.org.au

People with Disability WA

Advocating for the rights of people with disabilities.
1800 193 331 or
08 6243 6948
pwdwa.org.au

SECCA Sexuality, Education, Counselling and Consultancy Agency

SECCA supports people with disability to learn about relationships, sexuality and sexual health.
08 9420 7226
secca.org.au

Carer Gateway

An Australia-wide network of Carer Gateway service providers. They will talk through what you need and help you to find local services and support to help you.
1800 422 737
carergetaway.gov.au

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Emergency Contacts and Helplines

No one needs to face their problems alone. Help is available 24/7.
Call 13 11 14
Text 0477 13 11 14
Chat lifeline.org.au/crisis-chat

If your life is in immediate danger, please call 000.

Feedback can be sent to:

Co-operative Bulk Handling Ltd

Telephone 08 9237 9600
Email info@cbh.com.au

cbh.com.au

In partnership with

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