

Crisis Numbers and Support

SERVICES FOR YOUNG PEOPLE

12-25 years old, 24/7

Police/ Ambulance	000
Armadale Hospital Department 3056 Albany Hwy, Mount Nasura WA 6112	000
Crisis Care Helpline	9223 1111
Lifeline WA	13 11 14
Kids Helpline	1800 55 1800
Suicide Call Back Service	1300 224 636
Sexual Assault Resource Centre	1800 199 888
Family/ Domestic Violence Counselling	1800 737 732
Drug and Alcohol Support Line	9442 5000
Bullying Emergency Hotline	1800 028 559
Meth Helpline	1800 874 878
13 Yarn (Aboriginal and Torres Strait Islander Support)	13 92 76
CoMHWA (Peer navigators to assist with anything MH related)	9477 2809
Thirrili (Indigenous after suicide hotline)	1800 805 801
Eheadspace (over-the-phone and online counselling)	1800 650 890
QLife (LGBTQIA+ support)	1800 184 527

over 18 years old

MEAD Centre - Armadale Adult MH Service	9391 2400
MHERL (MH emergency response line)	1300 555 788

under 18 years old

CAMHS (child and adolescent MH service) Unit 4, 40 Fourth Road, Armadale, 6112	9391 2455
Acute Response Team Phone support for urgent mental health issues	1800 048 636

free helpful apps

Smiling Mind	meditation
Reach Out Worry Time	learn to control your worries
Mind Shift	learning anxiety coping strategies
Virtual Hope Box	tools for positive thinking
headspace	breathing/ meditation
Calm Harm	managing self harm urges

online support

eheadspace.org.au

eHeadspace (9am-1am), over the phone and online counselling on the spot

headspace.org.au

helpful articles, information and links

au.reachout.com

self-help information, peer-support program and referral tools for parents and youth

qlife.org.au

support for lgbtqia+ young people (3pm-12am)

drugaware.com.au

on-going government program on illicit drug education

bullyzero.org.au

bullying prevention charity

actbelongcommit.org.au

encourage people to take action to improve and protect their mental health and wellbeing

mindspot.org.au

supporting adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain

food and accommodation

Foodbank at Minnawarra House

Fresh bread, fruit and vegetables available at 9.45am on Tuesday mornings, free for concession card holders.

24 Numulgi St, Armadale, WA, 6112

Crisis Accommodation

If you are homeless, need support with a serious problem, or are concerned about the welfare of a child

9223 1111 or 1800 199 008

compliments, complaints or feedback

Contact headspace Armadale on **9393 0300** or email reception@headspacearmadale.com.au

Alternatively, you can scan the QR Code or follow the below link to take a survey on your experience here:

<https://questionpro.com/t/AV26xZtjxw>

