

Great Southern mental health service providers

Amity Health, provide several mental health counselling options to eligible clients at no cost. From children aged +7years, teens, adults and older adults, our appointment options range from in-person, phone or video link. We accept self-referrals, health professional referrals and GP referrals, with our clinicians available in Albany, Denmark and Mount Barker. Amity Health is a registered NDIS provider. For further information please speak with our administration team, visit our website or use the QR code.



Address: 136 Lockyer Avenue, Albany
Phone: **9842 2797**

Email: query@amityhealth.com.au
Web: www.amityhealth.com.au

Relationships Australia

Services at Albany branch:

Counselling | 4 families | Mediation and family dispute resolution | Redress support services (assists clients to access the National Redress Scheme) | Courses and Workshops. Our services are offered in a confidential and safe environment and a referral is not required.

Telephone, video and face to face appointments are available.

Office hours are 9.00am - 5.00pm
Monday to Friday. To find out more or book an appointment, please call or email the details here.

Phone: (08) **6164 0530**
Email: albany@relationshipsaustralia.org.au
Web: www.relationshipsaustralia.org.au



Pivot Support Services

Pivot provides assistance to persons experiencing disadvantage through their Community Hub service, NDIS support Co-Ordination and re-integration services for released prisoners. The level of service can vary between referrals, practical support, emergency relief and housing support for people in crisis.

Address: 121 Aberdeen Street, Albany
Phone: (08) **9842 9699**
Email: admin@pivotsupport.com.au
Web: www.pivotsupport.com.au



AHA Great Southern

GP or Health Professional referral

A community based and managed support service for adults diagnosed with severe and persistent mental health issues, working cooperatively with service users and other agencies towards recovery (18-65 years). Albany Halfway House Association is a registered NDIS provider.

Phone: (08) **9842 2612**
Email: hello@gsaha.org.au
Web: www.gsaha.org.au



Rural Aid Counselling Program is dedicated to improving the mental health outcomes of rural Australia. The Rural Aid Mental Health and Wellbeing team is made up of experienced counsellors who are based in rural towns across the country.

Rural Aid's counsellors are trained to help their communities with a range of services, from early intervention and health promotion, right through to treatment using evidence-based interventions. Rural Aid counsellors offer free, confidential support to farmers and their families. The WA counsellor is based in Narrogin WA.



Phone Counselling Intake Line
1300 327 624
Web: www.ruralaid.org.au

Depression Support Network

Peer support for people living with depression, Carers, families and those who have lost loved ones to suicide. Learn recovery techniques and safety planning. Join in group discussions, meals, nature walks, social activities, games, art, craft and more.



Address: 39 Mokare Rd, Spencer Park, Albany
Phone: (08) **9842 1439** | Allayna: **0467 003 577**
Email: manager@dsnalbany.com.au
Web: www.dsnalbany.com.au

Anglicare

Supporting people, families and communities to cope with the challenges of life; assisting people with relationship issues, financial problems and housing difficulties.

Email: albany.reception1@anglicarewa.org.au
Web: www.anglicarewa.org.au/get-help/mental-health



Address: 44 Collie St, Albany
Phone: (08) **9845 6666** or
1300 11 44 46

Step up/Step Down Service

Up to 28-day residential stay for mental health and well-being support. This short-term residential support aims to prevent hospital admission and promote recovery in the community. Self-referrals accepted or from health professionals.



Address: 7 Diprose Crescent,
Spencer Park, Albany
Phone: (08) **6323 8900**

Email: albany@neaminational.org.au
Web: <https://www.neaminational.org.au/services/step-up-step-down-albany/>

Palmerston



Supporting individuals, families and communities affected by drug and alcohol issues, with services including counselling, group support and residential rehabilitation.

Address: 63 Serpentine Road, Albany
Phone: (08) **9892 2100**

Email: albany@palmerston.org.au
Web: www.palmerston.org.au

Southern Ag Care



Professional counselling and support services for rural people provided by rural people in the Great Southern.

Eligible areas are West Arthur, Wagin, Dumbleyung, Lake Grace, Woodanilling, Katanning, Kent, Kendenup, Kojonup, Broomehill-Tambellup, Cranbrook, Gnowangerup, Jerramungup, Plantagenet, Denmark Shires.

Web: www.southernagcare.org.au

Phone: (08) **9827 1552**
Email: amin@southernagcare.org.au

Fellowship House

A supportive community hub for adults who have experienced mental health challenges, offering group programs and one-on-one support in areas such as living with voices, building life skills, and developing coping strategies for mental health. Drop in from 10am to 1pm weekdays (closed Wed).



Address: 23 Stead Rd,
Centennial Park, Albany
Phone: (08) **9842 9221** (direct)
or **1800 742 466**
Email: albany@rw.org.au
Web: www.rw.org.au

Neurological support

Neurological Council of WA



Neurocare community neurological nursing and health care navigation services for people of all ages living with a neurological condition or symptoms, including Parkinson's, Huntington's, motor neurone disease, brain injury, stroke, epilepsy, dementia, pain, migraine, chronic fatigue and other brain and nervous system disorders.

Phone: 08 **6285 3802**
Free call: **1800 645 771**
Email: hello@ncwa.com.au
Web: ncwa.com.au

Address: Albany Lotteries House
211-217 North Street, Centennial Park

WA Country Health Service Great Southern Mental Health Services

GP or Health
Professional referral
for some services

WACHS Great Southern Mental Health Service (GSMHS)

A specialist service providing acute in-patient and community care to mental health clients in the Great Southern.

Referrals are accepted from health professionals and other referral parties. If urgent, clients may present in person during office hours 8.30am to 4.30pm
WEB: www.wacountry.health.wa.gov.au/Our-services/Great-Southern/Great-Southern-health-services/Great-Southern-mental-health-services

Sites located at:

Albany Community Mental Health

Location: Ground floor, Albany Health Campus
Hardie Road, Albany WA 6330
Phone: (08) 9892 2440
Fax: (08) 9892 2605
Email: gs.cmh@health.wa.gov.au

Albany Authorised Psychiatric Unit (APU)

Location: Ground floor,
Albany Health Campus
Hardie Road, Albany WA 6330
Phone: (08) 9892 2525

Katanning Community Mental Health

Location: Katanning Hospital
11-31 Kobeelya Avenue,
Katanning WA 6317
Phone: (08) 9821 6341
Fax: (08) 9821 6323

WACHS has multidisciplinary teams that are made up of:

Psychiatrists, Psychiatric Registrars, Psychologists, Nurses, Social Workers, Occupational Therapists, Aboriginal Mental Health Workers and a Peer Support Workforce with Lived Experience.

Rurallink is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.



Albany

WACHS Child and Adolescent Mental Health Service

Specialised assessment, treatment and support to children, young people and their families who are experiencing moderate to severe mental health problems.

Phone: 0427 864 473 8.30-4.30pm Mon-Fri

Rurallink 1800 552 002

After hours emergency service: 24 hour free call 1800 552 002

- Availability 4.30pm – 8.30am Monday to Friday and 24 hours Saturday, Sunday and public holidays.
- During business hours you will be connected to your local community mental health clinic.
- Callers to Rurallink are connected to a trained mental health clinician who can provide them with:
 - ⇒ mental health assessment
 - ⇒ crisis support, crisis planning and brief intervention
 - ⇒ mental health system navigation
 - ⇒ mental health information and advice
 - ⇒ planned support calls over weekends and overnight to people experiencing a crisis
 - ⇒ referral to a mental health or emergency service when more than telephone support is required.

The service is designed keep individuals safe during a mental health crisis by connecting them with appropriate support services.

The service is available for:

- ⇒ anybody experiencing a mental health crisis who feels they need urgent assistance
- ⇒ families or carers of people with a mental illness
- ⇒ members of the general public who witness a mental health crisis and need assistance
- ⇒ health professionals
- ⇒ community welfare service providers.

Great Southern youth mental health service providers

headspace Albany supports young people aged 12 - 25 and their family and friends.

All services are free, and include mental health, physical health, sexual health, substance use issues, and work and study support. headspace Albany delivers all services from the centre, and also offer walk-in appointments, telephone or videoconference appointments, and bulk-billed GP appointments.



Self referral available. GP or Health Professional referral also welcome.

Youth Focus Great Southern



Youth Focus is a youth mental health service for young people aged 12 to 25, providing school-based counselling services at no cost. Schools currently serviced are: Albany Senior High School, North Albany Senior High School, Denmark Senior High School, WA College of Agriculture – Denmark, and Mount Barker Community College. Youth Focus is the lead agency for headspace Albany. All referrals for Youth Focus Great Southern should be directed through **headspace Albany**.

Opening hours: Monday - 9am to 5pm
Tuesday and Wednesday - 9am to 8pm
Thursday and Friday - 9am to 5pm

Phone: (08) **9842 9871**
Email: info@headspacealbany.com.au

Web: www.headspace.org.au/albany
Web: www.youthfocus.com.au

headspace Albany and Youth Focus are located at
The Link Shopping Centre,
St Emille Way,
Albany

Albany Youth Support Association

Providing safe spaces and support to young people between 12-25, and their families, through a wide range of free programs, activities, and outreach services including: Young House Youth Refuge, Act Belong Commit Youth Art Studio, Drop-In Youth Centre, Denmark Youth Outreach, Reconnect, Youth AOD Educator, Student Wellbeing Officers, Home Stretch, Supported Housing and Outreach Tenancy, and The Oak Program.



Phone: (08) **9842 2082**
Email: aysa@aysa.org.au
Web: www.aysa.org.au

Administration:
1/15 Aberdeen Street,
Albany WA 6330

Drop-In Youth Centre:
4 Sanford Road,
Albany WA 6330

Amity Health



Amity Health offers mental health counselling at no cost, to eligible children from +7 years, teens and young people. We have clinicians available in Albany, Denmark and Mount Barker who can meet in person, over the phone or by video link. Give us a call to chat about your referral options, visit our website or use the QR code.

Address: 136 Lockyer Avenue, Albany
Phone: **9842 2797**

Email: query@amityhealth.com.au
Web: www.amityhealth.com.au

4 Families

4families is a family mental health support program for children and young people aged 0-18, their families and carers. The program is free and offers therapeutic and case management supports as well as advocacy and coordinated/collaborative practices with other organisations to support the needs and wellbeing of families.



Phone: (08) **6164 0350**
Email: albany@relationshipsqa.org.au
Web: www.relationshipsqa.org.au

Address:
29 Albany Highway,
Albany

Opening hours are
9am-5pm
Monday to Friday.

WACHS Child and Adolescent Mental Health Service

Specialised assessment, treatment and support to children, young people and their families who are experiencing moderate to severe mental health problems.

Albany Phone: **0427 864 473** 8.30-4.30pm Mon-Fri

Rurallink



Telephone Mental Health Crisis support from a qualified Mental Health clinician. For Western Australians in regional and remote areas experiencing a mental health crisis and/or those supporting them.

Phone: **1800 552 002**

Online services and information for youth mental health

Kids Helpline
1800 55 1800



Australia wide free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.

Web: <https://kidshelpline.com.au/>

eheadspace



eheadspace provides online and telephone support and counselling to young people 12-25 years and their families and friends, at no cost. If you're based in Australia and going through a tough time, eheadspace can help.

Phone: **1800 650 890**

Web: www.headspace.org.au/online-and-phone-support

REACHOUT



ReachOut provides free online information, tools and tips to help young people get through everyday issues or tough times. ReachOut also provides information for parents and schools, making it easier for them to help young people.

Web: <https://au.reachout.com>

Freedom Free non-judgemental counselling service to address a range of life challenges and mental health issues. Open to LGBTIQ+ young people ages 12-25 across Regional WA.



Email: freedomcounselling@waac.com.au
Web: www.freedom.org.au

Phone: General Enquiries
(08) **9482 0000**
Shift Phone: **0451 459 389**

RightByYou Today's young people are on the frontline of seeing their friends show varying signs of suicidal thoughts. Our focus is on supporting and guiding young people on how to help their friends. We offer practical resources and key information about what to do when a friend may be expressing thoughts of suicide when they are online.



Website: www.rightbyyou.org.au

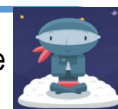
InterLink



Provides mental health and wellbeing services to people with innate variations of sex characteristics and their family members located anywhere in Australia.

Phone: (07) **3017 1724** Web: www.ilink.net.au

Sleep Ninja help for young people with strategies to develop healthy sleep habits and improve sleep quality.



<https://www.blackdoginstitute.org.au/sleep-ninja/>

ClearlyMe ® Help for you to think and feel better when you are going through a tough time, be the best version of yourself and get the most out of school and life.



YourCrew is a reflective, interactive and fun way to prevent small issues from becoming big ones. YourCrew connects people seeking help to those they know and trust.



ORYGEN #chatsafe is a suicide prevention program that aims to empower and equip young people with the skills to communicate safely online about self-harm and suicide. Guides and other resources available to download can be found at:



Web: <https://www.orygen.org.au/chatsafe>

Black Dog Institute hosts a range of researched credible digital tools and apps to support mental health and wellbeing.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/>

Smiling Mind is a unique mindfulness tool to help bring balance to your life. Mindfulness is proven to lead to better attention, memory, regulation of emotions and self awareness.



APPS



Mental health helplines and online services

Helplines or online chat services can provide you with immediate access to support and advice that is confidential, free and can be anonymous.

In an emergency call 000 or visit your local emergency department.

Lifeline - 131 114



24 hour crisis support and suicide prevention. In addition to this service Lifeline have online resources and information to help you and others understand what is happening and how you can self manage.

Web: www.lifeline.org.au

Suicide Call Back Service 1300 659 467



24 hour telephone and online counselling for people affected by suicide.

In addition this service provides online information and resources to support individuals, those who are helping others and health professionals.

Web: www.suicidecallbackservice.org.au

Call to Mind Telepsychiatry



Our experienced psychiatrists and psychologists offer people all across Australia access to timely, quality mental health treatment via telehealth. GP referral required. Rural and remote psychiatrists bulk billed 291 assessments.

Phone: **03 9099 0453**

Email: info@calltomind.com.au

Web: www.calltomind.com.au

Referrals can be faxed to 0399789458 or emailed to referrals@calltomind.com.au

Mindspot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain. Services are free, confidential, online, and provide optional access to qualified therapists. Find educational and self help resources on their website.

Phone: **1800 614 434**

Web: www.mindspot.org.au



Mental Health Online



Comprehensive free online help for mental distress.

Expert programs, information and resources to help you manage your mental wellbeing. The free, self-help and therapist-assisted treatment programs are designed to help you overcome mental health difficulties related to:

Generalised anxiety disorder, depression, social anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder, panic disorder, with or without agoraphobia.

Even if there are only some symptoms of a mental health disorder, these programs help prevent difficulties from getting worse and developing into a diagnosable disorder.

Checkout the free online assessment, e-PASS

Web: www.mentalhealthonline.org.au

Beyond Blue

Information and support for people living with depression and anxiety.



Call a counsellor 24/7 on **1300 224 636**

Web: www.beyondblue.org.au



Grief Line If you need help coping with grief, or would like to support someone you care about experiencing loss and grief, you can connect with the National Helpline:

Phone: **1300 845 745** (8am to 8pm AEST)

Request a callback - <https://griefline.org.au/get-help/request-a-callback/>

Web: <https://griefline.org.au/>

Support for eating disorders and body image issues

Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them. Butterfly provides support services, treatment and resources, delivering prevention and early intervention programs and advocating for the needs of those with eating disorders and body image issues.



Phone: **1800 33 4673**

Web: www.butterfly.org.au

Online chat:

www.butterfly.org.au/get-support/chat-online

QLIFE



QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

Phone: **1800 184 527** (5:30pm-10:30pm)

Webchat: <https://qlife.org.au/resources/chat>

Web: <https://qlife.org.au/>

Facebook: <https://www.facebook.com/qlifeaus>

Open Arms Veterans & Family Counselling is Australia's leading provider of mental health assessment and counselling for Australian veterans and their families.



Call us 24Hr **1800 011 046**

<https://www.openarms.gov.au/>

Safe Zone Support 1800 142 072

24/7 free counselling services for all Australian Defence Force personnel, veterans and their families. Safe Zone provides professional counsellors who understand military culture and can offer you care without needing to know who you are, or when or where you served.

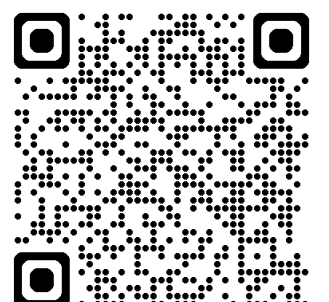


Web: www.openarms.gov.au/safe-zone

Find health and wellbeing apps and programs for a range of health conditions at:



<https://www.healthdirect.gov.au/health-and-wellbeing-apps>



Great Southern and online Perinatal mental health service providers

Amity Health



Amity Health provides a mental health counsellor with a specific interest and experience in perinatal mental health, who is available in Albany, Denmark and Mount Barker. This perinatal mental health counselling is offered to eligible adults, at no cost and appointments can be in person, over the phone or by video link. Give us a call to chat about your referral options, visit our website or use the QR code.

Phone: **9842 2797**
Email: query@amityhealth.com.au
Web: www.amityhealth.com.au

Bouncing Back

Bouncing Back aims to reduce depression and anxiety during pregnancy and after birth. Women who are pregnant or have a child aged less than 18 months can join this informal and supportive group. The program runs for eight weekly sessions in Albany, with a free crèche available.



Ask your Child Health Nurse or GP to refer you, or self-refer by calling: Phone: **0428 223 535**

ForWhen

Mental health support for expecting and new parents. We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services you might need most.



Phone: **1300 24 23 22**
Website: <https://forwhenhelpline.org.au>
Facebook: <https://www.facebook.com/ForWhenHelpline>

Ngala Parenting Line

8am – 8pm 7 days a week

At Ngala we have a range of parenting resources, community and residential services across Western Australia which support local communities. Services range from private consultations and access to the Parenting Line. Ngala's services have been developed to provide support for all parents and carers with children from conception to adulthood.

Website: www.ngala.com.au



Phone: Regional callers
and landline users
1800 111 546

Phone: Metro callers
and mobile users
08 9368 9368

Gidget Foundation

Gidget Foundation Australia provide information and resources to support emotional wellbeing of expectant and new parents using telehealth for families experiencing perinatal depression and anxiety. To access the telehealth service requires a GP referral with a mental health care plan.



Phone: **1300 851 758**
Website: www.gidgetfoundation.org.au

The Nest

The Nest is a free facilitated support group for mums. The 8-week program runs 12:30-2:30 on Mondays each term. Topics covered include: self-care, attachment, reflective parenting, budgeting, cooking and crafts. Free creche provided.



Phone: **9841 8254**
Web: www.rcnc.org.au/programs/2016/10/4/the-nest
Email: thenest@rcnc.org.au



Panda Helpline Perinatal Anxiety and Depression Australia (PANDA)

has a free, confidential helpline for mums, dads and family members who are affected by perinatal depression and anxiety.

Panda offers a digital mental health checklist help you better understand how you're feeling, and whether you might benefit from some extra support with your mental wellbeing. Find it here:

<https://www.panda.org.au/checklists>

Phone: **1300 726 309**; Monday - Friday 9am - 7:30pm, Saturday 9am - 4pm (AEST/AEDT)
Web: www.panda.org.au



Pregnancy, Birth and Baby



Supporting parents on the journey from pregnancy to preschool. Speak to a maternal child health nurse for personal advice and guidance. Discover more about pregnancy, birth, being a parent and raising a child.

Phone: **1800 882 436**
Web: www.pregnancybirthandbaby.org.au
Facebook: <https://www.facebook.com/pregnancybirthandbaby/>

Mum Space



Mum Space have created **Mum2BMoodBooster** and **MumMoodBooster**. Free online programs to help women recover from perinatal depression. You will have access to six online sessions. These can be done with the support of your Doctor. Mum Space also provide many other resources, programs and tip sheets.

Website: www.mumspace.com.au
Facebook: <https://www.facebook.com/MumSpace.com.au/>

Online Education and Information

Centre of Perinatal Excellence COPE

Everything you need to know from planning, expecting, preparing for birth, new parents and support for family and community to navigate helping others.

<https://www.cope.org.au/>



Triple P online for Baby



Positively nurture your baby's development and a close relationship right from the start.

Web: <https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-online-for-baby/>

Raising Children Network



Information, resources, videos, from pregnancy to grown-ups.

Web: <https://raisingchildren.net.au/babies>

Raising Healthy Minds App

Wanslea - Volunteer Family Connect



A universal, free service for parents and carers with babies or young children (0-5 years). Volunteer Family Connect (VFC) is a community-based early intervention program providing one-on-one emotional and practical support to parents and carers in their home.

The VFC is not a therapy or crisis support service.

Phone: 9843 0077
Email: vfc@wanslea.org.au
Web: <https://www.wanslea.org.au/programs/volunteer-family-connect>

Aboriginal wellbeing support services and resources

Southern Aboriginal Corporation (SAC)

SAC is a leading Aboriginal Community Controlled Organisation in Western Australia, with services spanning the Great Southern, Wheatbelt and South West regions.

Our offices are located in Albany, Katanning, Bunbury and Narrogin, from which services are delivered to 17 regional and remote locations. SAC supports the unique and evolving needs of our local communities by promoting Noongar social and cultural values and implementing a culturally informed, trauma integrated healing approach.

Our suite of services includes our:

- Family Violence Prevention Legal Service (FVPLS)
- Health Promotion Program
- Suicide Prevention Promotion program
- Family Dispute Resolution program (FDR)
- Indigenous Skills and Employment program (ISEP)
- Housing program
- Tenancy program
- Aboriginal Rangers program
- Driving and Education program.



Phone: (08) 9842 7777
Phone (FVPLS): (08) 9842 7751
Free Phone (FVPLS): 1800 557 187

Email: reception@sacorp.com.au
Web: www.sacorp.com.au

Address: 27 Chester Pass Road, Albany WA 6330

13 Yarn

13YARN is run by Aboriginal and Torres Strait Islander people. It is a free and confidential service available 24/7 from any mobile or pay phone. Aboriginal & Torres Strait Islander Crisis Supporters to yarn to.

This is your story; your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.



Phone: 13 92 76
Web: www.13yarn.org.au

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.



Phone: 1800 435 799

WellMob



Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.

Web: www.wellmob.org.au

Strong Spirit Strong Mind



Culturally secure, social and emotional wellbeing information for Aboriginal people.

Web: www.strongspiritstrongmind.com.au

Amity Health

Are you an Aboriginal woman in Gnowangerup, Mount Barker or Tambellup? Need support in staying strong in mind, body and spirit?

Give Anita a call for a yarn. Find out how Amity Health could support the social health and wellbeing of you and your family.

For further information please call to speak to Anita or visit our website.



Address: 136 Lockyer Avenue, Albany
Phone: (08) 9842 2797

Email: query@amityhealth.com.au
Website: www.amityhealth.com.au

After Suicide support services (Postvention)

STANDBY



We support anyone who has been bereaved or impacted by suicide including: Individuals, families, friends, witnesses, schools, workplaces, community groups, first responders and service providers.

Email: standby.greatsouthern@anglicarewa.org.au
Web: standbysupport.com.au

GREAT SOUTHERN REGION
24/7 SUPPORT NEEDS
Phone: 1300 727 247

THIRILLI

Indigenous Suicide Postvention Service



The Indigenous Suicide Postvention Services supports individuals, families, and communities affected by suicide or other significant trauma.

Thirilli provide emotional and practical support to families impacted by a loss from suicide or other fatal traumatic incidents.

A Postvention Advocate can be contacted 24/7 by calling
1800 805 801

Web: <https://thirilli.com.au/>

Loss of a Child or a Baby

Miscarriage, stillbirth, & newborn death support

Meeting bereaved parents wherever they are, physically, or emotionally, when their pregnancy has ended, or their baby has died – whether recently or many years ago. Support staff are in your local community, on the phone, or online.

Red Nose Grief and Loss

Over 40 years of experience supporting grieving individuals and families, we understand what you're going through and we're here to help.



Both sites have resources and information for parents, family and professionals

Phone: 1300 308 307 - 24/7 support
Sands Web www.sands.org.au/
Red Nose Web: <https://rednosegriefandloss.org.au/>

Gidget Foundation Australia



Providing information and resources to support parents who are grieving the loss of a baby.

Phone: 1300 851 758
Web: <https://www.gidgetfoundation.org.au/resources/grief-and-loss>

Stillbirth CENTRE OF RESEARCH EXCELLENCE



Online self directed programs, information and resources

Web: <https://carearoundloss.stillbirthcre.org.au/>

The Compassionate Friends

The Mandurah Chapter of The Compassionate Friends provides a range of support services to bereaved parents, siblings and grandparents throughout WA. We are a non-profit, non-government funded charity that provide peer support to families who have lost a child, by any cause, regardless of that child's age.

24 Hour
National Helpline
1300 064 068



Phone: (08) 9535 7761
After Hours Phone: 0427 777 810
Email: tcfmandurah@bigpond.com

Alcohol, drug, domestic violence, abuse and sexual abuse support

Domestic violence and sexual abuse helplines

1800respect

24-hour support for people impacted by sexual assault, domestic/family violence and abuse.

Phone: 1800 737 732

Web: www.1800respect.org.au

Mensline Australia

Phone: 1300 78 99 78

Web: <https://mensline.org.au/family-violence/>

Women's Domestic Violence Helpline:

Phone: 1800 007 339

Web: <https://csw.org.au/contact-us/>

Men's Domestic Violence Helpline:

Phone: 1800 000 599

Web: <https://www.wa.gov.au/service/community-services/community-support/mens-domestic-violence-helpline>

Sexual Assault Referral Centre:

Phone: 1800 199 888

Phone: (08) 6458 1828

Web: <https://www.kemh.health.wa.gov.au/Other-Services/SARC>

Elder abuse phonenumber

Phone: 1800 353 374

Web: <https://www.health.gov.au/contacts/elder-abuse-phone-line>

Advocare WA

Elder abuse

Phone: 1300 724 679

Web: <https://advocare.org.au/elder-abuse/addressing-elder-abuse/>

Advocare
Empowering older people in WA

Anglicare Albany Women's Centre



Albany Women's Centre offers women with or without children affected by family and domestic violence a safe refuge and support services.

Phone: (08) 9845 6000

Email: awc@anglicarewa.org.au

Web: www.anglicarewa.org.au/get-help/family-and-domestic-violence/albany-women's-centre

Centre for Women's Safety and Wellbeing



Visit the webpage to find information and resources for family domestic violence, sexual violence, women's health and gender equality.



Family and Domestic Violence



Sexual Violence



Women's Health



Gender Equality

Web: <https://csw.org.au/>

Alcohol and Other Drugs Support Lines

A 24/7 confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Alcohol and Drug Support Line:

Country: 1800 198 024
Metro: 9442 5000

Parent and Family Drug Support Line:

Country: 1800 653 203
Metro: 9442 5050

Web: <https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service>



Blue Knot Helpline and Redress Support Service



Supporting adult survivors of childhood trauma and abuse, parents, partners, family and friends as well as the professionals who work with them.

Blue Knot have a series of resources available to meet the needs of the different groups affected by complex trauma including childhood trauma and abuse.

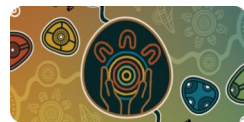
Phone: 1300 657 380

Email: helpline@blueknot.org.au

Web: <https://blueknot.org.au/>

Financial counselling services

Mob Strong Debt Help 1800 808 488



Mob Strong Debt Help is a free nationwide legal and financial counselling service for Aboriginal and Torres Strait Islander people. Their service specialises in consumer finance (such as credit cards, pay day loans and car loans), banking, debt recovery and insurance (including car, home, life and funeral insurance).

They work with the larger team of solicitors and financial counsellors in Financial Rights Legal Centre who share the caseload.

A free nationwide legal advice and financial counselling service for Aboriginal and Torres Strait Islander people.



Phone: 1800 808 488 Mon-Fri from 9:30am to 4:30pm

Web: <https://financialrights.org.au/getting-help/mob-strong-debt-help/>

National Debt Helpline

1800 007 007



Financial counsellors offer you **free, confidential and independent advice and assistance**.

To speak to a financial counsellor you can:

Call the National Debt Helpline on 1800 007 007 – open weekdays from 9:30 am to 4:30 pm.

Use the live chat service available 9:00 am to 8.00 pm weekdays. If you send a message outside these hours a financial counsellor will get back to you.

You can find the chat on the website
www.ndh.org.au/

Rural West



Rural West provides a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA, who are navigating their way through difficult and turbulent financial times.

Phone: 1800 612 004

Email: enquiries@ruralwest.com.au

Web: www.ruralwest.com.au

National Debt Helpline - Local Albany Service: Financial Counsellor

Anglicare, 44 Collie Street, Albany, 6330, WA

Phone 08 9845 6666

Email: albany.reception1@anglicarewa.org.au

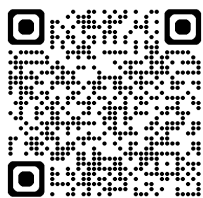


Helping others, self help and education

Mental Health First Aid Guidelines



The MHFA guidelines provide an evidence-based framework for providing mental health first aid to someone that may be experiencing a mental health problem. The guidelines are applicable to a range of developing mental disorders and mental health crisis situations.



<https://mhfainternational.org/guidelines/#mhfaesc>

PHONE APP A Friend in Need



Be the Difference. Help a Friend in Need.

Life can be tough; let's be there for each other.

Friends and family tend to be the first responders when life goes pear shaped.

Download the phone app or checkout the web for printable resources and other information .



www.friendinneed.org.au

My Compass



Free online tool that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them.

Web: <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/>

Where to find private mental health professionals in the Great Southern

Australian Association of Social Workers (AASW)



Find a social worker in your area

Accredited Mental Health Social Workers (AMHSWs) are recognised providers with Medicare Australia and other programs, delivering clinical social work services in mental health settings and utilising a range of evidence-based strategies.

<https://www.aasw.asn.au/find-a-social-worker/>

Australian Psychological Society

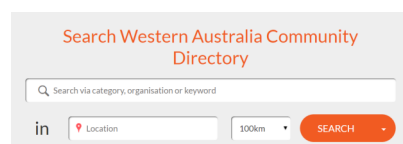


Providing the public and professionals with an online search, telephone, and email referral service to help locate qualified APS psychologists in private practice in their area. To find a private psychology service visit:

www.psychology.org.au/find-a-psychologist

My Community Directory

My Community Directory is the one place people go to find community services and events so they can understand what's happening in their local community.



<https://www.mycommunitydirectory.com.au/>

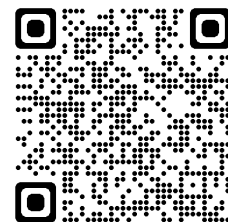
Centre for Clinical Interventions (CCI)



The [Centre for Clinical Interventions](http://www.cci.health.wa.gov.au) (CCI) has produced resources for consumers and healthcare professionals to assist in providing interventions for mental health problems such as depression, bipolar, social anxiety, panic, self-esteem, procrastination, perfectionism, and eating disorders.

Looking after yourself or looking after others, you will find helpful information.

Web: <https://www.cci.health.wa.gov.au/Resources/Overview>



ecouch is an online, self-directed training program which provides interactive self-help and evidence-based information to assist users to understand and manage symptoms associated with common mental health issues.



e-couch offers five programs: Depression, Anxiety and Worry, Social Anxiety, Divorce & Separation and Loss & Bereavement. Each program includes a comprehensive information module, as well as self-help modules with interactive exercises and workbooks which teach evidence-based strategies.

Web: www.ecouch.com.au

moodgym



moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

Web: <https://www.moodgym.com.au/>

THIS WAY UP



↑↑

Discover step-by-step strategies for managing stress, anxiety and low mood.

A range of tailored online programs are designed to teach you proven psychological skills to transform your thoughts, feelings, and behaviours so you can make a positive change in your life.

Web: <https://thiswayup.org.au/>



Your Health in Mind

This website provides expert information about mental illness, treatments, psychiatrists, other mental health professionals and how to get help.

Web: www.yourhealthinmind.org

Triple P

Fear-Less



Fear-Less is one of many free online parenting courses that you can access to support with helping your children to cope with challenges, break free from anxiety and become more emotionally resilient.

Web: <https://www.triplep-parenting.net.au/parenting-courses/fear-less-triple-p-online/>

Resources and information for clinical professionals

Clinician Assist

Providing a health portal for easy access to community based health care, services and information for practitioners, clinicians, and health professionals within Western Australia.

Web: www.wapha.org.au/health-professionals/clinicianassist/



eMHprac provides a range of resources including brochures, factsheets, videos, webinars, modules, and more, including our popular Guide to Digital Mental Health Resources. Explore our online library to learn about digital mental health resources and how to use them.



Web: <https://www.emhprac.org.au/>

For further information about this publication please contact the Health Promotion team Albany. Email: gs.healthpromotion@health.wa.gov.au



April 2025