
Mental Health Help

Following are a few of the many organisations and services which provide information, support and counselling for children and adolescents with a mental illness, and their families.

**In an emergency attend an emergency department or call 000
See your doctor or contact your local Child and Adolescent Mental Health
Service (CAMHS)**

Helplines

- For urgent mental health issues the **Acute Response Team** is available 24 hours per day 7 days a week on.... 1800 048 636.
- SANE Helpline 1800 18 SANE (7263)
- Suicide Call Back Service 1300 659 467
- Parenting WA Line – 24 hours a day, 7 days a week (08) 62791200
- Carers WA – Counselling Line – 8:00am to 5:00pm 1800 007 332
- Crisis Care – Department for Child Protection – 24 hours a day, 7 days a week 1800 199 008
- Mental Health Emergency Response Line 1300 555 788
- Lifeline Crisis Support – 24 hours a day, 7 days a week 13 11 14
- Beyond Blue (depression and anxiety) 1300 224 636
- Family Relationship Advice Line (family separation issues)..... 1800 050 321
- Headspace – age 12 to 25 and their families going through a tough time 1800 650 890
- **Kids Helpline – age 5 to 25, 24 hours a day, 7 days a week** 1800 55 1800



Websites

- www.studentwellbeinghub.edu.au – support for students, parents and teachers to promote student wellbeing and the development of respectful relationships
- www.esafety.gov.au – resources that promote online safety
- www.bullyingnoway.gov.au – education and advice for kids, parents and schools on how to combat and respond to bullying
- www.naccho.org.au - Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory
- <http://www.mhima.org.au/> - Mental health in multicultural Australia
- www.beyondblue
- www.healthywa.wa.gov.au