

Please note that if you have concerns or require support outside of school hours or during the school holidays, we encourage you to access external services and helplines.



Act-Belong-Commit:

www.actbelongcommit.org.au

Promoting positive mental health strategies and resources.

ReachOut Australia:

au.reachout.com

Online mental health service for young people and their families.

Beyond Blue:

beyondblue.org.au

Anxiety, depression and suicide prevention

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live

headspace: National Youth Mental Health Foundation <https://headspace.org.au>

For help with mental and physical health, alcohol and other drugs, and work and study.

HelpingMinds: Mental Health Support

<https://helpingminds.org.au>

Offers free mental health support to the family and friends of people living with mental health challenges.

National 24/7 Helplines

- **Lifeline**
 - 13 11 14 (24/7 phone support)
 - lifeline.org.au (24/7 webchat)
 - [Lifeline text](#) (24/7 sms support)
- **Kids Helpline:** 1800 55 1800 or com.au
- **SANE Australia:** 1800 187 263 or [org](#)

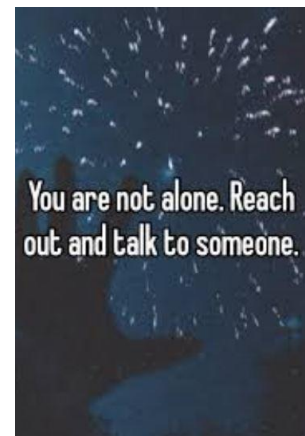
Family Crisis Services

- Emergency 000
- Police 131 444
- Crisis Care (family crisis support or accommodation) 9223 1111
- [What's ok at home](#) – Domestic Violence Resource Centre

Financial Crisis Support Services

- [DREAMBUILDERS CARE](#) – 0411 736 770, 334-336 Great Eastern Highway, Midland – Supermarket, Emergency Food Relief, Community takeaway meals
- [MIDLAS](#) – financial counselling, tenancy advocacy
- Financial Counselling hotline 1800 007 007
- Morley Salvation Army – Emergency Relief / Community Support Services 9279 4500
- [FOODBANK WA](#) – find a charity or mobile foodbank

Counselling Resources



- Contact your GP. Your GP will be able to provide support and information as well as assist with referrals to other services through a Mental Health Treatment Plan. Mental health care plans are included in the bulk billing telehealth services available in the Covid-19 response.
- The following agencies may also be of assistance (being mindful that the face to face services listed may be modifying their services to phone or webchat contact):
 - Headspace <https://headspace.org.au>
 - Headspace provides mental health support and information for people aged 12 to 25 years. Midland Phone 9274 8860 or Osborne Park Phone 9208 9555
- Child and Adolescent Mental Health Service (Referrals through GP or other health professionals). Phone 9250 5777
- Youth Focus provides free counselling to young people aged 12 to 25 years and their families, who may be experiencing symptoms of depression. Phone 6266 4333.
- Reconnect provides support through individual and/or family counselling, mediation, information, advocacy and referral.
 - Mercy Reconnect (Morley and Southern Suburbs) Phone 1800 800 046
 - Parkerville Reconnect (City of Swan and Town of Bassendean Area) Phone 9274 8440
- Helping Minds – Everyone over 18 years old, living in WA, can give HelpingMinds a call on 1800 811 747 and access up to 3x free counselling sessions over phone/video

Free Therapeutic Apps & Websites:

- [Smiling Mind](#) (Mindfulness and Meditation available as an app or online)
- [Mood Gym](#) (Cognitive Behaviour Therapy to assist with feelings of anxiety or depression)
- [The Brave Program](#) (support for overcoming anxiety)
- [ACT Companion app](#) (building resilience, managing challenging thoughts) (free access code: TOGETHER)
- Black Dog [myCompass](#) – personalised self help tool for your mental health
- [1 Giant Mind](#) meditation teacher
- [ReachOut](#) apps – recommended apps list for teen mental health support
- [Mind Shift](#) – resources to promote self worth, wellbeing and positive mental health
- [Psychology Tools](#) – Free guide to living with worry and anxiety during global uncertainty.

Support Resources for Parents

- Triple P – [tips for parents and caregivers in uncertain times](#)
- Coronavirus – [a guide for parents supporting their child](#)
- Parents working from home – [managing your mental health at home](#)
- [Supporting your child immediately after a community trauma \(video and information\)](#)

Resources for parents of students with Disabilities

- AFIRM – [Supporting young people with Autism during uncertain times](#)
- The Autism Educator – [Coronavirus social story](#)
- Autism WA –
 - [Coronavirus, what can I do?](#)
 - [What is Covid-19](#)
- [Emergency information for NDIS participants](#) – regular updates and information on NDIS