**Mental Health Youth Support Agencies**

**Peel Youth Medical Service (PYMS)**

Provides free & confidential health services to young people aged 12 – 25

-Doctors’ appointments

-Mental health & counselling

-sexual health clinics

-help accessing other agencies

Peel Health Hub

91 Allnut St

Mandurah WA 6210

08 9583 5435

Email: office@peelyouthmedicalservice.com.au

**Headspace Mandurah**

Provides support services for 12 – 25 yr olds

Peel Health Hub

91 Allnut Street

Mandurah 6210

Referral form needs to be completed or families can self-refer hello@headspaceman.com.au

 [https://headspace.org.au/headspace-centres/mandurah/](%20https%3A/headspace.org.au/headspace-centres/mandurah/)

**Youth Focus**

08 6266 4333

Referrals can be made over the phone or via referral form, or families can self-refer hello@youthfocus.com.au

<https://youthfocus.com.au/>

**Child and Adolescent Mental Health Service (CAMHS) – Mandurah**

08 9531 8080

Referrals can be made by completed referral form from GP or Psychologist

110 Lakes Rd

Greenfields WA 6210

<https://www.cahs.health.wa.gov.au/Our-services/Mental-Health>

**Online Support for Young People**

eheadspace webchat

<https://headspace.org.au/eheadspace/>

1800 650 890

**The Brave Program**

Interactive online based CBT program

<https://www.brave-online.com/>

**Kids Helpline**

1800 55 1800 https://kidshelpline.com.au/

General Counselling and Support Services

**Relationships Australia**

1300 364 277

Families can self-refer

Locations in Mandurah and Kwinana

Provide young person, family and parent counselling and support <https://www.relationshipswa.org.au/services/counselling>

**Murdoch Psychology Clinic**

Murdoch University

Reduced Fee Counselling Families can self-refer

08 9360 2570

<https://www.murdoch.edu.au/life-at-murdoch/perth-campus/facilities-services/health-counselling/murdoch-psychology-clinic>

**Curtin – Child and Adolescent Psychology Clinic**

Curtin University

Reduced Fee Counselling

Families can self-refer

9266 1717

 [https://healthsciences.curtin.edu.au/our-clinics/child-adolescent-psychology-clinic/](%20https%3A//healthsciences.curtin.edu.au/our-clinics/child-adolescent-psychology-clinic/)

**Family Counselling and Support**

**Anglicare – Parent and Adolescent Counselling Service (PACS)**

08 9528 0702 or 1300 11 44 46

Referrals can be made over the phone

<https://www.anglicarewa.org.au/get-help/relationships-and-separation/parent-and-adolescent-counselling>

**4Families – Relationship Australia**

Holistic Family Support focusing on prevention and early intervention – Home Based Support

Referrals via phone or form on website <https://www.relationshipswa.org.au/services/parenting-and-family-relationships/4families>

Mission Australia Reconnect

Support young people and addresses family conflict to stabilise living conditions and prevent homelessness

Referrals via phone 08 9531 9400 or website

<https://www.missionaustralia.com.au/servicedirectory/186-children-families/reconnect-peel-mandurah>

Reconnectpeel@missionaustralia.com.au

**Sexual Health Support Services**

**Anglicare Child Sexual Abuse Therapy Service**

Counselling for under 18 who have been sexually abused, commit abuse, display sexualised behaviours or siblings of a child who has been abused.

Refer via phone to speak to co-ordinator

08 9394 9200

<https://www.anglicarewa.org.au/get-help/sexual-abuse-support-services/child-sexual-abuse-therapy-service>

**Sexual Assault Resource Centre**

1800 199 888

Child Protection Unit – Perth Children’s Hospital

Referrals via CPU Duty Social Worker or website

6456 4300

<https://pch.health.wa.gov.au/our-services/child-protection-unit>

**FDV Support Services**

**Anglicare – Young Hearts**

Counselling for Children up to the age of 18 who have been exposed to FDV, emotional abuse or neglect or are showing signs of aggressive or submissive behaviour

08 9528 0702

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

**Bereavment Counselling and Support**

**CYPRESS – Anglicare**

Counselling and Support for young people bereaved by suicide

Referrals via website or phone

1300 11 44 46

 [https://www.cypress.org.au/](%20https%3A/www.cypress.org.au/)

**Alcohol and Other Drugs Support**

**Palmerston Mandurah**

Counselling and Education for youth who have issues with AOD or are affected by others use of AOD

Self-Referral or referral via website

08 9581 4010

91 Allnut St

Mandurah WA 6210

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

**Counselling for people affected by mental health concerns of a family member**

**Helping Minds**

Free Counselling for young people affected by a loved one’s mental health

08 9427 7100

<https://helpingminds.org.au/how-we-help/young-people-mental-health/>

**Youth Focused GPs**

**Peel Youth Medical Service – GP Down South**

08 9537 5500

91 Allnutt Street

MANDURAH WA 6210

**Crisis Accommodation**

9581 1741

**Anglicare Housing and Homelessness**

<https://www.anglicarewa.org.au/get-help/housing-and-homelessness>

**Passages**

St Vincent de Paul – Peel

Homelessness support

9583 5160