***Phone and Web based supports, information and programs for children and young people***

**Peel CAMHS 25/03/2020**

**24 HOUR TELEPHONE COUNSELLING SERVICES IN WA**

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| **Mental Health Acute Response Line: 1800 048 636****Lifeline WA: (08) 13 11 14** **Crisis Care: 9223 1111 or free call 1800 199 008** **Kids Help Line: 1800 55 1800** **Suicide Call Back Service: 1300 659 467** **The Samaritans Crisis Line (Youth): (08) 9388 2500** **Headspace: 1800 650 890** |

**WEB BASED SUPPORT FOR YOUNG PEOPLE**

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| **eheadspace**Free online support and counselling for 12-25 year old<https://headspace.org.au/eheadspace/>  |
| **Cool Kids**Online self-help program for children age 7-11 years experiencing bullying and anxiety.<https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online>  |
| **Chilled Out**Interactive online program for 13 – 17 year olds allows teens to learn strategies to help manage anxiety<https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/chilled-out-online> |
| **The Brave Program**Online program for anxiety in children 8-17 years old and their parents.[www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)  |

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| **PORTS**Combination of online CBT and phone support for people 16+ years, with depressive, anxiety, substance use difficulties.GP or CAMHS can refer |
| **Youth beyondblue:** <http://www.youthbeyondblue.com>  |
| **Reachout:** <http://au.reachout.com>  |
| **Black Dog Institute (youth):** <http://www.biteback.org.au>  |
| **Kids Help Line**: [www.kidshelpline.com.au](http://www.kidshelpline.com.au) |
| **Young Carers**: [www.youngcarernetwork.com.au](http://www.youngcarernetwork.com.au) |
| **Children of Parents with Mental Illness**: [www.copmi.net.au/kids-young-people](http://www.copmi.net.au/kids-young-people) |

**SUPPORT FOR PARENTS**

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| **Parenting Connection**Providing support via phone, email and zoom. Planning online webinars/workshops as well as fun activities online.Contact: Lisa DodsonPh: 9581 0581. Mob: 0402 517 383. Lisa.dodsom@anglicarewa.org.auPeel.PCWA@anglicarewa.org.au |
| **ParentWorks**Free online program for parents/caregivers of children 2 to 16. Provides evidence-based parenting strategies and skills.<https://parentworks.org.au/>  |

**WEB BASED SUPPORT FOR EVERYONE**

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| **Suicide Call Back Service:** <http://www.suicidecallbackservice.org.au>  |
| **E-couch:** <https://ecouch.anu.edu.au/welcome>  |
| **Mood Gym:** <https://moodgym.anu.edu.au/welcome>  |
| **MensLine:** <http://www.mensline.org.au/Home.html>  |
| **Depression:**  <https://dnet.org.au/>  |
| **Depression/anxiety**: [www.Mindspot.org.au](http://www.Mindspot.org.au)  |

**FREE APPS (download on Google Play or iTunes)**

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| Calm Harm (for self-harm)Clear Fear (for anxiety)I am sober (for self-harm, substance use, other behaviour change)Smiling Mind (mindfulness skills)Breethe (meditation)Reachout Worry TimeWhat’s Up? A mental health appYouthBeyondBlue-The Check InFind more on: <https://au.reachout.com/tools-and-apps>  |

For a list of WA Mental Health resources go to- <https://www.mhc.wa.gov.au/>