***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 Dodson  Ph: 9581 0581. Mob: 0402 517 383.  [Lisa.dodsom@anglicarewa.org.au](mailto:Lisa.dodsom@anglicarewa.org.au)  [Peel.PCWA@anglicarewa.org.au](mailto:Peel.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 Time  What’s Up? A mental health app  YouthBeyondBlue-The Check In  Find 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/>