



# FREE OR LOW COST MENTAL HEALTH SERVICES



This booklet provides information on free or low cost mental health services within the PCEMML catchment area.

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## General Counselling Services

### Anglicare

#### Non-Government Organisation

<b>Service description</b>	Anglicare offers clients a range of services to address relationship issues, financial problems, and housing difficulties.
<b>Programs available</b>	Relationship Services (KinWay) include: ARBOR - support for people bereaved by suicide, relationship counselling (couple, individual, family), parent and adolescent counselling, child sexual abuse services, men and family relationship services, specialised family and domestic violence, relationship education and skills training, sexual assault /sexual abuse counselling, standby suicide response service, victim support services and child witness, indigenous child sexual abuse response service, and counselling and mediation for careers of a family member with a disability.
<b>Opening hours</b>	Monday-Friday
<b>How to refer</b>	Self-referral.
<b>Cost</b>	Low fee.
<b>Contact details</b>	Service Locations: East Perth, Midland and Morley Relationship Services (KinWay) Reception 9263 2050

### Centrecare

#### Non-Government Organisation

<b>Service description</b>	Centrecare provides a wide range of specialist, innovative and relevant community services.
<b>Programs available</b>	General counselling, men in family relationship program, and workshops. Workshops include; dealing with stress, effective parenting, anger in families, self-esteem, dealing with challenges and change, and assertion skills.
<b>Can help with</b>	People requiring counselling for issues related to; relationship changes, conflict, depression, low self-esteem and self-confidence, coming to terms with loss or grief, separation or considering separation, stepfamilies, experiencing a major change in your life, communication, gambling, life transitions; and/or abuse issues.
<b>Cannot help with</b>	Emergency accommodation or crisis counselling.
<b>Opening hours</b>	Monday to Friday 9am-5pm. Tuesday to Thursday 9am-8:30pm.
<b>How to refer</b>	Self-referral or via the client liaison officer.
<b>Cost</b>	\$65 per session. If the client earns under \$45,000PA the fee can be negotiated.
<b>Contact details</b>	Phone: (08) 9325 6644 Fax: (08) 9221 3631 Website: <a href="http://www.centrecare.com.au">www.centrecare.com.au</a> Address: 456 Hay Street, Perth

## Robin Winkler Clinic, School of Psychology, UWA – Outpatient Facility

### Private Organisation

<b>Service description</b>	The Robin Winkler Clinic is a clinical psychology unit linked to the School of Psychology at the University of Western Australia.
<b>Programs available</b>	The clinic provides individual and group therapy for adults, children, and adolescents of all backgrounds with a wide range of difficulties. The clinic also functions as a training and research facility.
<b>Can help with</b>	Assessment, treatment and rehabilitation provided from a multidisciplinary team that when appropriate will provide community follow up.
<b>Cannot help with</b>	The Robin Winkler clinic is staffed by people trained in psychology and now being supervised as part of their post-graduate training in clinical psychology at the University of Western Australia, therefore they cannot see people with mental disorders requiring long-term treatment or emergency care.
<b>Opening hours</b>	Monday 11am-8pm, Tuesday, Thursday & Friday 8:30am-5pm, Wednesday 8:30am-7pm.
<b>How to refer</b>	Self, family or agency referral. Contact reception, then resources will be sent out with information about the clinic and questionnaires to help understand the client better. An appointment will then be booked.
<b>Cost</b>	A 50 minute session is \$15 if paid on the day of the appointment. The first assessment session is usually one and a half hours and the fee is \$22.50.
<b>Contact details</b>	Phone: (08) 6488 2644 Fax: (08) 6488 2655 Website: <a href="http://www.psychology.uwa.edu.au/home/the_school/robin_winkler_clinic">www.psychology.uwa.edu.au/home/the_school/robin_winkler_clinic</a> Address: School of Psychology, University of Western Australia, 10-12 Parkway, Crawley

## Specialist Counselling Services

### Addiction

#### Aboriginal Alcohol & Drug Service (AADS)

##### Non-Government Organisation

<b>Service description</b>	Aboriginal Alcohol and Drug Service provides a holistic counselling service to clients dealing with drug and alcohol problems. The organisation is Aboriginal managed and controlled, and operates under the guidance of an Aboriginal Board of Directors who are elected by corporation members to oversee management of the assets, services and affairs of the organisation.
<b>Programs available</b>	Alcohol and drug counselling , grief and loss counselling, advocacy and support, relapse and prevention, referrals to welfare and health agencies, anger management, family violence prevention, communication and relationship counselling, and women's crisis accommodation.
<b>How to refer</b>	Clients can access the service by walking in to the clinic, phoning, or through referrals from health professionals and agencies.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9221 1411 Fax: (08) 9221 1585 Clinical Fax: (08) 9221 4844 Email: info@aads.org.au  Address: 211 Royal Street, East Perth WA 6004

#### Holyoake – The Australian Institute on Alcohol & Addictions

##### Non-Government Organisation

<b>Service description</b>	Programs for people who are experiencing problems related to their own, or someone else's alcohol and/or other drug use, gambling or other dependant behaviour.
<b>Programs available</b>	The range of services provided through the Midland office includes individual, family and group interventions to alcohol and other drug users and those who are impacted by someone else's alcohol and other drug use. Holyoake also provides: <b>Next Step Medical Services:</b> Holyoake works in partnership with Next Step to provide medical assessment and review, and opiate and alcohol pharmacotherapy to the north east metropolitan community. <b>Drug and Alcohol Withdrawal Network (DAWN):</b> DAWN assists people to manage their withdrawal from alcohol and other drug use in their own environment. DAWN is a metro wide service provided by St John of God Hospital, one of the DAWN nurses is based at the Midland office. You can contact DAWN on 9382 6049. <b>Diversion Programs:</b> Provides the WA Diversion Program at the Midland District Court and also offer counselling for diversion programs.
<b>Opening hours</b>	Office hours are Monday to Friday from 9am - 5pm, and Tuesday and Wednesday evenings by appointment.
<b>How to refer</b>	Self-referral, GP referral, service provider referrals (for example counsellors).
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: 08 9274 7055 Fax: 08 9274 7066 Website: www.holyoake.org.au 4 Stafford Street, Midland

## Next Step Clinical Treatment. Government of Western Australia, Department of Health

<b>Service description</b>	A range of specialist services for people with an alcohol and/or drug problem. Services are also available for significant others involved in the clients life.
<b>Programs available</b>	Community based methadone / buprenorphine program, residential withdrawal services, East Perth outpatient services, pharmacy services, and clinical advisory service.
<b>Opening hours</b>	Monday to Saturday 8am-5pm for assessment. Tuesday 8am-9pm. 24 hours for emergencies/out of hour's assessments.
<b>How to refer</b>	Self-Referral, phone for an appointment.
<b>Cost</b>	Covered by Medicare.
<b>Contact details</b>	Phone: (08) 9219 1919 Fax: (08) 9221 3089 Address: 32 Moore Street, East Perth

## Palmerston Association. Non-Government Organisation

<b>Service description</b>	Provides alcohol and other drug services in the areas of prevention, education, training, treatment and rehabilitation.
<b>Programs available</b>	Palmerston offers a wide variety of residential and non-residential services including: early intervention, supporting individuals, families and the community, counselling and group work for people experiencing alcohol or other drug problems, family support for those experiencing difficulties with a family members drug use, groups specifically designed for women, men, young people, parents or families, residential rehabilitation for those wanting time out in a safe, drug free environment.
<b>Cannot help with</b>	Palmerston Association is not a crisis service and does not provide detox services.
<b>How to refer</b>	Self-Referral. Call to have a confidential, non-judgemental conversation with an experienced drug and alcohol counsellor.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9328 7355 Fax: (08) 9227 9158 E-mail: mail@palmerston.org.au Address: Perth Palmerston Centre, 134 Palmerston Street PERTH 6000

## Women's Health Services – Alcohol & Drug Services. Non-Government Organisation

<b>Service description</b>	Staff specialise in women's health issues, providing medical, counselling, drug and alcohol support, domestic violence, mental health, and other health services for women and their families.
<b>Programs available</b>	Information, referrals, counselling, groups and advocacy for women related to various health and wellbeing issues. Crèche facilities and interpreting services are available.
<b>Can help with</b>	A whole range of issues related to the general wellbeing of women.
<b>Opening hours</b>	Business hours Monday to Friday.
<b>How to refer</b>	Self-referral by telephone or walk in.
<b>Cost</b>	Small fees may apply for some services.
<b>Contact details</b>	Phone: (08) 9227 9032 Rural freecall: 1800 246 655 Address: 122 Aberdeen Street, Northbridge 6000

## Child & Adolescent

### headspace. Non-Government Organisation

<b>Service description</b>	headspace is the National Youth Mental Health Foundation for people aged 12-25 years.
<b>Programs available</b>	headspace can help with; general health, mental health and counselling, education, employment and other services, and alcohol and other drug services.
<b>Opening hours</b>	Monday to Friday 9.00am - 5.00pm.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9274 8860 14 Sayer Street, Midland

### YMCA – LYNKS Counselling. Non-Government Organisation

<b>Service description</b>	Lynks counselling is the youth and family counselling service of YMCA Perth.
<b>Programs available</b>	Lynks provides counselling and support to young people aged 15-25 years and families for a range of issues including: anxiety and depression, stress, parent/adolescent conflict, suicide and self-harming, sexuality, sexual abuse, family conflict, and relationship difficulties.
<b>Opening hours</b>	Monday 10am - 6pm and Tuesday to Thursday 9am - 5pm.
<b>How to refer</b>	Self-referral. Please call on (08) 9328 3522 or (08) 9328 3566 to arrange an appointment.
<b>Cost</b>	A minimum fee of \$25 per session. However, this is negotiable depending upon financial circumstances.
<b>Contact details</b>	Phone: (08) 9328 3522 or (08) 9328 3566 Fax: (08) 9328 3877 Address: 60A Frame Court, Leederville

### Youth Focus. Non-Government Organisation

<b>Service description</b>	Youth Focus provides a friendly, confidential and professional service for young people who are in need of counselling and support. Provides early intervention services towards the prevention of youth suicide and self-harm
<b>Programs available</b>	Individual counselling, family counselling, residential therapeutic camps, group work programs and mentoring.
<b>Can help with</b>	Any young person aged 12-18 years (and their family) who is showing early signs associated with suicide and self-harm including anxiety, depression, PTSD, grief and loss, poor self-esteem, social isolation, relationship difficulties and conduct problems.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 6266 4333 Fax: (08) 6266 4300 Address: 54 Greenwood Parade, Burswood

## Domestic Violence & Sexual Abuse

### Incest Survivors Association (ISA)

#### Non-Government Organisation

<b>Service description</b>	The Incest Survivors Association is a specialist support service providing counselling and support to survivors of child sexual abuse. Provides assistance in dealing with both current and historical sexual abuse in childhood.
<b>Programs available</b>	A range of individual and family counselling services, which includes long term and short term solution focused counselling and risk assessment. A comprehensive information service, referral to other agencies for specialist support, self-help and therapist-led support groups, and psycho-education groups.
<b>Opening hours</b>	Monday to Friday 9am-5pm.
<b>How to refer</b>	Referrals from agencies and self-referrals can be made by telephoning the centre, faxing or emailing. A referral form can be downloaded from the website.
<b>Cost</b>	Fees are on a sliding scale based upon the client's financial circumstances. All referrals from the Department of Child Protection are fee-free. Pensioner/Health Care Card \$44 Part-time employed or waged partner \$55 Full-time employed/employed with waged partner \$77 Couple/Family counselling \$120
<b>Contact details</b>	Phone: (08) 9443 1910 Fax: (08) 9227 1510 Address: 404 Walcott St, Coolbinia WA 6050 Email: General Enquiries: info@isa.asn.au Counselling enquiries: counsellor@isa.asn.au

### Patricia Giles Centre

#### Non-Government Organisation

<b>Service description</b>	The Patricia Giles Centre offers safe crisis accommodation and counselling for women and children affected by domestic violence.
<b>Programs available</b>	The Centre also provides culturally appropriate Aboriginal services, a case management coordinator and a number of support groups run at various times including self-defence, children's groups, fun & fitness and children & pets.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9300 0340 Email: pgc1@iinet.net.au Counselling for Children; Call 08 9328 1888 between 9am and 5pm.



## Sexual Assault Resource Centre (SARC)

Government of Western Australia, Department of Health

<b>Service description</b>	The Sexual Assault Resource Centre (SARC) is part of the Women and Newborn Health Service. SARC has over 35 years of experience in providing high-quality care for females and males, 13 years and over, who have been affected by sexual assault or sexual abuse.
<b>Programs available</b>	SARC provides a 24-hour emergency service in metropolitan Perth. This involves medical care, forensic examination and counselling support to people who have been sexually assaulted within the previous 14 days. SARC also provides counselling in centres across the Perth metropolitan area to people who have experienced sexual assault and sexual abuse in the past.
<b>Cannot help with</b>	It is not part of the police, however SARC will support a person's decision to involve the police.
<b>How to refer</b>	Self-referral - If you have been sexually assaulted within the previous two weeks you can call the SARC Emergency Service 24-hours-a-day on (08) 9340 1828 or (freecall) 1800 199 888 and speak to a duty counsellor. If you have been sexually assaulted in the past call SARC during business hours on (08) 9340 1828 or (freecall) 1800 199 888 if you want to see a counsellor or attend a group at SARC.
<b>Cost</b>	SARC is a free confidential service.
<b>Contact details</b>	24 Hour Emergency Line (08) 9340 1828 or 1800 199 888 Phone: (08) 9340 1899 for counselling. SARC is located on the King Edward Memorial Hospital site (Subiaco) in a building which is separate from the hospital and which has been designed to maintain a sense of confidentiality and to provide a non-hospital environment.

## Anglicare WA - The Child Sexual Abuse Therapy Service (CSATS)

Non-Government Organisation

<b>Service description</b>	The Child Sexual Abuse Therapy Service of Anglicare WA provides a counselling service for children and young people up to the age eighteen years who meet any one or more of the following criteria: They have been sexually abused, they are exhibiting sexualised behaviours, and/or they have enacted sexual abuse against others.
<b>Programs available</b>	Counselling to children and their non-offending family members. The service also provides support for the families of these children and young people.
<b>How to refer</b>	A Department for Child Protection referral must be received before counselling commences, or information provided regarding charges laid against the offender. However, if the family is not involved with DCP counselling options can still be discussed.
<b>Cost</b>	A small fee may apply.
<b>Contact details</b>	Any queries regarding counselling services can be directed to the Coordinator by phoning (08) 9394 9200. Based in Midland.

## Grief & Loss

### ARBOR - Active Response Bereavement OutReach (Anglicare)

#### Non-Government Organisation

<b>Service description</b>	ARBOR is a service which provides support especially for people bereaved by suicide.
<b>Programs available</b>	Professional grief counsellors, both Aboriginal and Non-Aboriginal, and volunteer peer supporters on hand to provide support.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Contact ARBOR on 9263 2150 / 1800 812 511 or email arbor@anglicrewa.org.au to make an appointment or for more information.

### Grief Support Service – Silver Chain Nursing Association

#### Non-Government Organisation

<b>Service description</b>	Support for people who are experiencing a loss or change in their lives.
<b>Programs available</b>	Telephone counselling and appointments available.
<b>How to refer</b>	Self-referral – clients need to call and make an appointment.
<b>Opening hours</b>	Monday to Friday 8am-4pm.
<b>Cost</b>	\$50 standard fee and \$35 for unemployed and pensioners.
<b>Contact details</b>	Phone: (08) 9328 4066 Fax: (08) 9328 4066 Address: 19 Wright Street, Highgate

## Multicultural

### ASeTTS – Association for Services to Torture and Trauma survivors

#### Non-Government Organisation

<b>Service description</b>	ASeTTS provides services to people who are humanitarian entrants or are from a refugee type background and who have experienced torture or trauma in their country of origin, during their flight to Australia, or while in detention.
<b>Programs available</b>	Counselling (individual, family, couples), community development, good food for new arrivals program, place of reflection project, volunteer program, youth support services, and children services.
<b>How to refer</b>	Please contact the duty counsellor Monday-Friday 9am-4.30pm. Alternatively you can download a Referral Form. Please read the procedure before referring.
<b>Cost</b>	No fee.
<b>Contact details</b>	286 Beaufort Street Perth WA 6000 Phone: 08 9227 2700 Fax: 08 9227 2777 Web: www.asetts.org.au

## MAITRI Multicultural Mental Health Services

### Non-Government Organisation

<b>Service description</b>	MAITRI seeks to meet the mental health needs of people from culturally and linguistically diverse backgrounds by adopting cultural factors in the management of the condition.
<b>Programs available</b>	Professional mental health assessment and treatment, culturally and linguistically appropriate counselling, psycho-education and psychosocial intervention. Services are provided by mental health professionals including psychologists and social workers, in the clients preferred language or with the assistance of an interpreter.
<b>Can help</b>	Adults, children and adolescents, the elderly and families from CaLD backgrounds.
<b>Opening hours</b>	Monday to Friday 9am-4:30pm. Evening and home appointments are possible by arrangement.
<b>How to refer</b>	General Practitioners, mental health service providers, non-government service providers, other government services and by self-referral.
<b>Cost</b>	Commonwealth Health Care Card holders will be charged \$10.00 per session. Others will be charged on a sliding scale based on their income. Fees can be waived or reduced in exceptional circumstances i.e. services will be provided at a discounted rate and cost-free if experiencing financial hardship.
<b>Contact details</b>	Appointments may be made by contacting our offices at 64 Wellington Road, Morley on: (08) 9375 2224 or at 20 View Street, North Perth on (08) 9328 2699 Fax: (08) 9376 1141 Email: maître@mscwa.com.au

## Perinatal Depression

### Midland Women's Health Care Place Inc.

#### Non-Government Organisation

<b>Service description</b>	MWHCP provides counselling services for women of all ages from 16 and upwards.
<b>Programs available</b>	Short term, one on one therapeutic counselling service. Programs include: perinatal depression program, group therapy, group social learning activities, relaxation and de-stressing activities, free PAP smears, advocacy and information, library on women's health and wellbeing, post natal depression assessment, health promotion activities, information and referral, library and resources.
<b>Opening hours</b>	Monday to Friday 9:00am – 4:00pm. Closed for lunch from 12:00 – 12:30pm.
<b>How to refer</b>	Self-referral, referral from an agency, or health professional.
<b>Cost</b>	\$15-\$40 on a sliding scale.
<b>Contact details</b>	Phone: (08) 9250 2221 Fax: (08) 9250 2268 Email: info@mwhcp.org.au Address: 4 The Avenue, Midland

## Relationships

### Relationships Australia

#### Non-Government Organisation

<b>Service description</b>	Relationships Australia offers family and relationship counselling as well as a range of specialist counselling services. Most counselling services are conducted face-to-face, but Relationships Australia also offers online and telephone counselling for people in remote areas.
<b>Programs available</b>	Matters discussed include couple issues, relationship breakdown, parenting, domestic violence, anxiety, depression, grief, sexual issues, childhood sexual abuse, stress and conflict in various situations including work related conflicts.
<b>How to refer</b>	Self-referral. Telephone for an appointment.
<b>Cost</b>	Sliding scaled fees dependent on income. Reduced fees for pension and health care card holders.
<b>Contact details</b>	Phone: (08) 9250 1242 Fax: (08) 9274 3644 27 The Crescent, Midland Phone: (08) 9489 6363 Fax: (08) 9489 6364 15 Cambridge Street, West Leederville Please call 1300 364 277 to arrange phone counselling.

## Peer / Community Support & Self Help Services

### Carers

#### ARAFMI – Mental Health Carers & Friends Association (WA) Inc.

##### Non-Government Organisation

<b>Service description</b>	Information and support to family members and friends of people with mental health issues including; free professional counselling for carers, community support groups for carers, workshops and programs to empower and build resilience, information on how the mental health system works, advocacy, information and referral to other support services, access to ARAFMI library for members, free camps for young people during school holidays, counselling for young people in schools or at a Midland office, and recreational activities for those with a mental health issue.
<b>Programs available</b>	Family support, metropolitan mutual support groups, advocacy, youth services, holiday respite, community education, and a school education program.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	Some low costs for programs such as Holiday Respite (\$50 & pocket money).
<b>Contact details</b>	Phone: (08) 9427 7100 Freecall: 1800 811 747 Fax: (08) 9427 7119 Website: <a href="http://www.arafmi.asn.au">www.arafmi.asn.au</a> Email: <a href="mailto:arafmi@arafmi.asn.au">arafmi@arafmi.asn.au</a> Address: Family Support Services, 182 Lord Street, Perth Address: C/- Swan Adult Mental Health, Eveline Street, Middle Swan

#### GreenApple Respite Services

##### Non-Government Organisation

<b>Service description</b>	GreenApple Respite Services offer a range of programs to carers of individuals with a mental illness, intellectual disability and autism.
<b>Programs available</b>	Carer respite programs are provided in a range of settings; in home respite, community respite, school holiday program respite and holiday respite.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	A fee for service option is available for carers of people with a disability who are not eligible for carer respite funding.
<b>Contact details</b>	Phone: (08) 9260 9999 Fax: (08) 9260 9990 Website: <a href="http://www.garespiteservices.com.au">www.garespiteservices.com.au</a>

## Child & Adolescent

### HCSG – Youth Services

#### Non-Government Organisation

<b>Service description</b>	Service for young people aged 12-21 years disadvantaged or at risk, who reside in the City of Swan and surrounding areas.
<b>Programs available</b>	Young mums program, outreach support, music and multi-media workshops, drop in and intensive support service.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9374 1517 Fax: (08) 9250 1624 Website: www.hcsg.com.au Address: Swan View Youth Centre, Brown Park Recreation Centre, Salsbury Road, Swan view

### Wanslea – COPMI Program (Children of Parents with a Mental Illness)

#### Non-Government Organisation

<b>Service description</b>	Provides support to children and young people who have a parent or parents with a mental illness.
<b>Programs available</b>	<p>The <b>COPMI program</b> based in Scarborough assists children to better understand their parents' mental illness whilst providing space to talk through any questions or worries they may have. Support for children can take the form of individual sessions, group work programs or school holiday activities. Y2Y COPMI is a peer support program that seeks to continue the conversations important for young people 15-25 years with the experience of having a parent or parents with a mental illness.</p> <p>The <b>Family to Family Workshop series</b> based in West Perth provides 6 sessions for the whole family where a parent experiences a mental illness.</p> <p>The <b>ARAFMI program</b> based in Perth offers FREE professional counselling and support to children/youth aged 8-18 years who have a friend or family member with a mental illness. The purpose of this counselling is to explain to the child/youth aspects of mental illness that their friend or family member experience. The counselling also explores the way the mental illness effects the family member/friends interactions with the young person.</p>
<b>Opening hours</b>	Monday to Friday 8:30-4:30pm. Thursday open until 7pm in Perth.
<b>How to refer</b>	Adults can self-refer. A referral form with signed consent from the parent needs to be completed for Child referrals.
<b>Cost</b>	No fee.
<b>Contact details</b>	<p>Address: 311 Abernethy Road Cloverdale, 110 Scarborough Beach Road, Scarborough Phone: (08) 9245 2441 Fax: (08) 9245 2481 Email: pfitzgerald@wanslea.asn.au</p> <p>Address: 27 Cleaver street, West Perth Phone: (08) 9208 0505 Fax: (08) 9443 9015 Email: carolclark@ruah.com.au</p> <p>Address: 182 Lord street, Perth Phone: (08) 9427 7100 Fax: (08) 9427 7119 Email: arafmi.website@arafmi.asn.au</p>

**Swan City Youth Service Inc.**  
**Non-Government Organisation**

<b>Service description</b>	Swan City Youth Services works with young people aged 12 - 25yrs.
<b>Programs available</b>	Assistance in finding accommodation whether it's crisis or mid-term, court support, assistance in sorting out issues with Centrelink, informal and formal counselling, alcohol and other drugs program, street doctor service, food is available even if it's just toast and a coffee. Sausage sizzles are Tuesday nights 5pm as part of the Graf Art Program.
<b>How to refer</b>	Self-referral.
<b>Opening hours</b>	Monday 9am – 4pm , Tuesday & Wednesday 9am – 7pm, Thursday & Friday 10am – 7pm.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9274 3488 Address: 78 Morrison Road, Midland

**Youth Link**  
**Government Organisation**

<b>Service description</b>	Mental health service for disadvantaged young people aged 13-24 years who are homeless, at risk of homelessness or are disconnected from existing 'mainstream' services.
<b>Programs available</b>	Clinical Psychological and Social Work Services are available, as well as support in accessing secure accommodation, benefits, education and training, positive recreation and other services.
<b>Cannot help with</b>	Requests for family interventions, young people with severe mental illness, non-metropolitan requests.
<b>Opening hours</b>	Monday to Friday from 9.00am - 5.00pm
<b>How to refer</b>	Agency and self-referrals accepted. To make a referral or for a consultation please phone the Intake Officer on 1300 362 569 between 12:30-4:30pm Monday to Friday.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9227 4300 Fax: (08) 9328 5911 Address: 223 James Street, Northbridge

## Domestic Violence & Sexual Abuse

### Domestic Violence Advocacy & Support (DVAS)

#### Non-Government Organisation

<b>Service description</b>	DVAS helps women who have experienced, or are at risk of domestic violence access support. DVAS provides people with a safe and friendly environment to access advocacy, legal and DCP services.
<b>Programs available</b>	All services are provided within the context of a supportive and safe environment. All staff members are female, and can provide assistance with discussing available options, applying for a restraining order, obtaining support and advices from Legal Aid, referrals to other agencies (including counselling services & DCP).
<b>How to refer</b>	Women can be referred to other health professionals or they can self-refer. To make an appointment please call (08) 9227 5852.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 6330 5400 Toll-Free: 1800 998 399 (Outside Perth Metro Area) Fax: (08) 6330 5499 E-mail: info@whfs.org.au Address: 227 Newcastle St, Northbridge

### Legal Aid, Domestic Violence Legal Unit

#### Government Organisation

<b>Service description</b>	The Legal Aid WA Domestic Violence Legal Unit assists women who are experiencing domestic violence.
<b>Programs available</b>	Legal Aid WA's Domestic Violence Legal Unit advises and assists women with restraining order matters. Services include: speaking to the police and ensuring that appropriate criminal charges are laid against the person who has been violent or has threatened physical violence, advising and assisting women to get restraining orders against the person committing domestic violence, ensuring prompt service in the matters of restraining orders, providing initial counselling on legal rights and options, representing women in court for restraining order hearings where legal aid has been granted, providing initial advice and referrals on other matters, which may arise when trying to escape domestic violence. These may include family law, property law matters and criminal injury compensation. For women who are non-English speaking, the unit can arrange for an interpreter to be present, free of charge.
<b>Opening hours</b>	Monday to Friday 8.30am - 4.30pm.
<b>How to refer</b>	Self-referral, please call.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9261 6254 or (08) 9261 6320



## Eating Disorders

### Over Eaters Anonymous. Self-Help Organisation

<b>Service description</b>	Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope are recovering from compulsive overeating.
<b>Programs available</b>	The service can help people who have a variety of problems concerning overeating, weight gain and body image. Some of these include eating binges, starving, bulimia, diuretics and laxative abuse, obsessions with body weight and dieting.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9420 7254 Email: Perth@OARegion10.org Address: 2 Delhi Street, West Perth

## Grief & Loss

### Compassionate Friends. Self-Help Organisation

<b>Service description</b>	Self-help peer support group open to bereaved parents, siblings and grandparents.
<b>Programs available</b>	24 hour telephone service, support group for bereaved parents, pamphlets and library, friendship nights, grandparent and sibling support, coffee mornings, and suicide support group.
<b>How to refer</b>	Self-referral. Please contact by telephone or email for information which can be posted out or emailed, or for information about our meetings or just to talk to someone who understands.
<b>Cost</b>	Small fee for some programs such as the Entertainment Books program.
<b>Contact details</b>	Phone: (08) 9486 8711 Fax: (08) 9486 8717 Email: info@compassionatefriendswa.org.au Address: City West Lotteries House, 2 Delhi Street, West Perth

## Mental Health

### Even Keel Bi-Polar Disorder Support Association Inc. Self-Help Organisation

<b>Service description</b>	Support groups for people with bi-polar and related disorders. Family and friends are welcome.
<b>Programs available</b>	Workshops, guest speakers, peer group support meetings, music groups etc.
<b>How to refer</b>	By phone Fridays 9:30am-4:30pm or leave a message anytime.
<b>Cost</b>	Membership fees: \$10 waged person and \$5 unwaged or pensioner.
<b>Contact details</b>	Phone: (08) 9274 2848 (answering machine) Fax: (08) 9250 6437 Address: PO Box 1584, Midland. Groups are held in Midland and Perth City.

## Grow Western Australia Self-Help Organisation

<b>Service description</b>	Grow is a national organisation that provides a peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges.
<b>Programs available</b>	Grow provides mutual self-help support groups for any adult who is having mental or emotional problems. Groups are ordinarily run by their own members, according to a well-structured and successful format. Grow Meetings are supportive and non-threatening, positive and constructive. Meeting Groups typically have 5 to 9 people and meet weekly, day or night and last for two hours. During the meeting, members can share their problems, learn how to rebuild their lives and report on their progress.
<b>How to refer</b>	Self-referral.
<b>Opening hours</b>	Office hours and drop in centre open Monday to Friday 9am-5pm.
<b>Cost</b>	No fees are charged, however a small donation to meet necessary expenses is usual, though strictly voluntary. A variety of training, community building activities (including residential weekends) and social activities backs up the essential group process.
<b>Contact details</b>	Phone: (08) 9228 1411 Email: <a href="mailto:wa@grow.net.au">mailto:wa@grow.net.au</a> Website: <a href="http://www.grow.net.au">www.grow.net.au</a> Address: The North Perth Group meets Mondays 10.00am at 81 Angove Street, North Perth

## Multicultural

### Multicultural Women's Advocacy Service Non-Government Organisation

<b>Service description</b>	MWAS promotes the safety of women, with or without children, from Culturally and Linguistically Diverse (CaLD) backgrounds.
<b>Programs available</b>	The service is available to women who are recent arrivals or long-term residents. Women may be in crisis situations, in refuges, still remaining in their relationships or re-establishing themselves in the community after leaving refuges. All services at MWAS are provided within the context of a supportive and safe environment. All WHFS staff members are female, and can provide assistance with; discussing available options, applying for a restraining order, obtaining support and advices from Legal Aid, referrals to other agencies (including counselling services), and outreach services.
<b>How to refer</b>	Self-referral, please phone.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9328-1200 or (08) 9227-8122 Email: <a href="mailto:info@whfs.org.au">mailto:info@whfs.org.au</a> Currently the outreach service operates from Northbridge, Mirrabooka, Gosnells, and Rockingham/ Fremantle.

## Royal Perth Hospital - West Australian Transcultural Mental Health Centre Government Organisation

<b>Service description</b>	The West Australian Transcultural Mental Health Centre (WATMHC) is a state-wide specialist service, specifically funded to address the special mental health needs of Culturally and Linguistically Diverse (CALD) communities around WA.
<b>Programs available</b>	Apart from its direct clinical service component, the centre adopts a community development and capacity building approach in working with a diverse range of ethnic communities. The Centre's programs include: clinical services delivery, resource and consultancy service, design and delivery of mental health promotion and prevention initiatives, collaborative action research, education and training, inpatient services for CALD patients,
<b>How to refer</b>	Adult referrals (25-65 years) of migrant and refugee background are accepted from a wide range of service providers, please include details of presenting problems and current medication. Referrals can be mailed or faxed to the department.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9224 1760 Email: <a href="mailto:rph.psychiatry@health.wa.gov.au">mailto:rph.psychiatry@health.wa.gov.au</a>

## Parenting

### Parent Help Centre & Parenting Line (Family & Children's Services. Government Organisation

<b>Service description</b>	Help & advice regarding parenting and child development.
<b>Programs available</b>	Positive parenting program, parenting line, parenting groups, early education program, outreach centres, joint agency parenting program, community talks.
<b>How to refer</b>	Self-referral, please telephone.
<b>Cost</b>	No fee
<b>Contact details</b>	Phone: (08) 9272 1466 Free call: 1800 654 432 Fax: (08) 9272 4275 Address: 28 Alvin Street, Mount Lawley

### NGALA Family Resource Service. Non-Government Organisation

<b>Service description</b>	Ngala is a provider of Early Parenting and Early Childhood services with a passion for supporting and guiding families and young children through the journey of parenting.
<b>Programs available</b>	Helpline, group parenting education, Ngala parenting and play time (coffee mornings), consultations, day stay and overnight stays, in-home parenting services, Ngala early learning and development service (Bluebird Child Care), and DadsWA program.
<b>How to refer</b>	Self-referral. The Liaison Officer for the Noranda Family Centre can be contacted on Mondays, Wednesdays and Thursdays between 9:00am and 1:00pm on 9368 9325 or via email <a href="mailto:noranda@ngala.com.au">noranda@ngala.com.au</a>
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9368 9368 or 1800 111 546

## Parenting WA

### Government Organisation

<b>Service description</b>	Parenting WA coordinators support parents and carers of children up to eighteen years of age by helping them gain confidence in their parenting.
<b>Programs available</b>	Parenting WA coordinators offer; ways to help build knowledge and confidence in parenting including during pregnancy, information about children's developmental stages and other issues related to parenting, one to one parent/carer meetings for advice on child development and parenting strategies, individual and group parenting programs, community presentations and parenting workshops, home visiting, information and links to local community services, and access to a range of useful and practical resources through the Parenting WA library.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9274 1666 Mobile: 04 1995 5046 Email: sue.marsh.communities.wa.gov.au Address: Midland

## Perinatal Depression

### From the Heart WA

#### Self-Help Organisation

<b>Service description</b>	From the Heart WA provides support, understanding and information to women, partners and families who are affected by stress and depression related to pregnancy, childbirth, and the addition of a new child to the family. The organisation is run by volunteers, most of whom have suffered, and recovered from, depression or anxiety related to the birth of their own children.
<b>Programs available</b>	Services provided by From the Heart WA include support groups for women, in partnership with various community centres. These support groups are run in partnership with women's health services and parenting groups. From the Heart WA works collaboratively with health professionals to enhance the holistic care of mothers and families.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Information: Support – (08) 9340 1622 Administration – (08) 9340 1688 Fax – (08) 9510 9052 E-mail: info@fromtheheartwa.org.au Postal - PO Box 548, Subiaco WA 6008

## Post Natal Depression Support Association Inc. (PNDSA)

### Self-Help Organisation

<b>Service description</b>	PNDSA provides support, understanding and information to women, partners and families affected by pregnancy and childbirth related stress, anxiety and depression.
<b>Programs available</b>	Facilitating self-help groups, providing phone support to people with PND, providing information to the community and health professionals, providing personnel for public speaking on PND and their own experiences, providing consumer representation on projects and committees, providing a referral service to health professionals and other services.
<b>Can help with</b>	Women and their families experiencing emotional parenting adjustment difficulties including depression, stress and anxiety.
<b>Cannot help with</b>	Professional counselling.
<b>How to refer</b>	Self-referral or referral from health professionals.
<b>Cost</b>	Nil for phone support. There is a small charge to attend groups.
<b>Contact details</b>	Phone: (08) 9340 1622 Address: PO Box 548, Subiaco

## Raphael Centre Subiaco – St John of God

### Non-Government Organisation

<b>Service description</b>	The Raphael Centre provides services to parents and families who are affected by anxiety, stress, or depression during pregnancy and following childbirth.
<b>Programs available</b>	Telephone support and information, mental health assessment, counselling, psychiatric evaluation, mother-baby groups, pathways to wellness group, circle of security parenting plus program, growing together support group, and community education.
<b>Opening hours</b>	Monday to Friday 9am - 4.30pm.
<b>How to refer</b>	Referral from a medical practitioner is required for some programs, or for an appointment with the Consultant Psychiatrist or registrar. It is recommend to get a referral for all family members as many programs involve the mother with other family members.
<b>Cost</b>	Some programs and services offered at the Raphael Centre attract a fee. These are charged on a sliding scale according to means. Please contact the Raphael Centre for more information.
<b>Contact details</b>	Phone: (08) 9382 6828 Fax: (08) 9382 6823 Email: raphael.subiaco@sjog.org.au Address: St John of God House, 177 - 179 Cambridge Street, Subiaco

## Sexuality

### Freedom Centre

#### Non-Government Organisation

<b>Service description</b>	The Freedom Centre supports young people (under 26) to be happy and healthy about their sexuality and gender.
<b>Programs available</b>	The drop-in centre is a safe space for youth to come and hang out, have fun, meet other LGBTIQQ (Lesbian, Gay, Bisexual, Trans*, Intersex, Queer & Questioning) young people and get peer-support and information if it's needed.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9228 0354 (during session times) Office phone: (08) 9482 0000 (during business hours; WA AIDS Council number) Fax: (08) 9482 0001 Email: info@freedom.org.au Postal address: PO Box 1510, West Perth, WA 6872 Location: 93 Brisbane St. Northbridge

### Gay & Lesbian Community Services

#### Non-Government Organisation

<b>Service description</b>	Peer-based telephone counselling service, information and referral for any person regarding issues and diverse sexuality and gender (lesbian, gay, bisexual, transgender, intersex).
<b>Programs available</b>	The service helps callers with a range of issues relating to sexuality and gender, including coming out, as well as more general issues, such as relationship problems. This service is often the first point of contact for people who are coming out, but it is available to anyone, no matter how they identify. The service is also increasingly being used by the friends and family of GLBTIQ people and mainstream service providers who are seeking accurate information and referral options for their relatives, friends or clients. Phone counsellors can also: refer clients to a GLBTI-friendly doctor, lawyer, psychologist, counsellor or other services. Provides information about the Perth/WA GLBTI community, including the "scene" (nightlife and clubbing) and "non-scene" alternatives to meet other gay or lesbian people, including Perth's many social and sporting groups.
<b>How to refer</b>	Self-referral.
<b>Cost</b>	The cost of the phone call.
<b>Contact details</b>	Phone: (08) 9420 7201 (metro) or 1800 184 527 (country callers).

## Women's services

### Women's Health Care House Mental Health Outreach Project Non-Government Organisation

<b>Service description</b>	The mental health community outreach project is a community based support service at Women's Health Care House for women who have a psychosis or depressive illness, and are caring for children.
<b>Programs available</b>	Group activities, individual support, training and support, newsletter.
<b>How to refer</b>	Self-referral by telephone.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9227 8122 Free call: (08) 1800 998 399 Address: 100 Aberdeen Street, Northbridge

## Services for Patients with Acute Mental Health Problems

### Child & Adolescent Services

#### Child & Adolescent Mental Health Service (CAMHS) Princess Margaret Hospital Government Organisation

<b>Service description</b>	A specialised program for children, adolescents and their families who have significant emotional and behavioural problems.
<b>Programs available</b>	<p><b>Acute Services</b></p> <p><b>Ward 4H 9340 8222</b> - is an eight bed acute ward located at Princess Margaret Hospital in the Psychological Medicine Department. It services children and adolescents aged from 6 to 16 years of age with a range of conditions.</p> <p><b>Bentley Adolescent Unit 9334 3689</b> - is a 12 bed inpatient facility for young people aged 12 to 18 years. The unit provides a state-wide specialised service and functions as an assessment, diagnostic and treatment facility.</p> <p><b>Transition Unit</b> - offers a state wide program for adolescents up to 18 years of age who require more intensive support than can be provided in an outpatient setting. The Transition Unit provides a comprehensive academic, life skills, social skills, personal development and stress management program for young people. The program is delivered in small groups and is recovery focused, that includes mental health education and relapse prevention. The program operates on school days from 9.30am to 3.00pm.</p> <p><b>Assertive Community Intervention Team (ACIT) 9340 8222</b> - offers an alternative to inpatient care by managing high risk children and adolescents in the community for a time-limited period.</p> <p><b>Acute Response Team 1800 048 636 (0800-2200 hours)</b> - The ART service provides a state wide telephone information, support and bed coordination role to CAMHS in-patient units for young persons and families across Western Australia. It also provides a metropolitan community based emergency assessment role for persons under 18 years of age.</p> <p><b>Consultation Liaison 9340 8222</b> - works with the mental health and wellbeing issues of current patients of PMH and their families, as well as other hospital staff to ensure that the assessment and treatment of patients is comprehensive, sensitive, responsive, and effective. They provide an inpatient and outpatient service.</p> <p><b>Specialised Services</b></p> <p><b>Complex Attention and Hyperactivity Disorders Service (CAHDS) 9360 1650</b> is a specialist assessment and consultation service for families and children 0 to 18yrs with persistent attentional difficulties and co-morbid conditions. CAHDS is located at Murdoch University, operating Monday to Friday and is a state-wide service.</p> <p><b>Eating Disorders 9340 7012</b> This specialist team provides a state-wide, evidenced-based, multidisciplinary service for children and adolescents with eating disorders. The service offers assessment, treatment and follow-up on an inpatient and outpatient basis providing individual, family and group therapies, parenting support and nutrition and medical management.</p> <p><b>Families at Work 9334 3853</b> - is a state-wide inpatient service that provides interventions to under 12 year olds with the most persistent, severe and complex mental health problems and complex emotional, behavioural and social difficulties. Families at Work provide a state-wide residential treatment option in addition to day program attendance.</p> <p><b>Family Pathways 9382 0730</b> - is a state-wide community/in-reach service that provides interventions to under 12 year olds with the most persistent, severe and complex mental health problems and complex emotional, behavioural and social difficulties. Phone: (08) 9382 0730 Fax: (08) 9382 0746 Address: 233 Stubbs Terrace, Shenton Park</p>



	<p><b>Multisystemic Therapy (MST)</b> - is a community based service for families with young people aged between 12 to 16 years experiencing serious behavioural problems who are at risk of entering the juvenile justice system. MST clinicians work intensively with parents, caregivers, schools and the community to help families develop the necessary skills to independently address their difficulties.</p> <p><b>YouthLink 9227 4300</b> - YouthLink is a community mental health service that works with young people between 13 and 24 years of age with serious mental health problems who because of barriers related to marginalisation and / or significant psychosocial disadvantage (family breakdown, lack of stable accommodation, transience, lack of stable support structures) are unable or unwilling to access mainstream mental health services.</p> <p><b>Community based Services</b></p> <p>There are a number of community based services that provide assessment, case coordination and multidisciplinary treatment services for children and adolescents with severe, complex and persistent mental disorders. These services are based in:</p> <p><b>Kalamunda</b> Phone: (08) 9454 2698 Fax: (08) 9454 2706 Address: Unit 1/5 Warbler court, High Wycombe</p> <p><b>Swan Valley</b> Phone: (08) 9250 5777 Fax: (08) 9250 5775 Address: 36 Railway Parade, Midland</p> <p><b>Subiaco</b> Phone: (08) 6389 5800 Fax: (08) 6389 5848 70 Hay Street, Subiaco</p>
<b>Cannot help with</b>	Community based services cannot help with urgent assessment requiring hospitalisation, detoxification, residential care and respite or medical-legal matters.
<b>How to refer</b>	Referrals are accepted from primary care providers for example; medical, educational or welfare officers.
<b>Cost</b>	No fee.

### **Acute Community Intervention Team (ACIT) Princess Margaret Hospital. Government Organisation**

<b>Service description</b>	ACIT is part of the Psychological Medicine Clinical Care Unit at the Princess Margaret Hospital. ACIT consists of a multidisciplinary team including a Consultant Psychiatrist, Doctors, Clinical Psychologists, Social Worker, Hospital School Teacher and Mental Health Nurses who provide a specialist service to children and adolescents experiencing acute psychological health problems.
<b>Programs available</b>	ACIT provides a rapid intervention in which assessment takes place and assistance is given to the patient and family until the problem stabilises and care can be passed onto the appropriate community based professionals. ACIT works in conjunction with and will hand over long-term care to one or more of the following: Child & Adolescent Mental Health Units, Non-Government Agencies, General Practitioners, Private Clinicians, and Education Services.
<b>How to refer</b>	Referrals are accepted from community based health professionals. Patients are usually referred to ACIT after presenting at Princess Margaret Hospital Emergency Department with acute mental health problems and where following assessment, inpatient care is not deemed appropriate.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9429 5000 Fax: (08) 9429 1884 After Hours: (08) 9340 8222 (ask for Psychiatric Liaison Nurse) Address: Princess Margaret Hospital, Roberts Road, Subiaco Outpatient facility at 70 Hay Street, Perth.

## Adult Services

### Centre for Clinical Interventions – CCI

#### Government Organisation

<b>Service description</b>	Individual and group programs for adults over 18 years of age with severe, persistent mental illness.
<b>Programs available</b>	Comprehensive multi-axial assessments, group based and individual psychotherapy, problem focussed, group based cognitive-behavioural interventions for individuals with a primary diagnosis of anxiety disorders, depression and obsessive-compulsive disorder. These programs of treatment are delivered in 12 sessions each of two hour duration over a 14 week period; additional individual psychotherapy after the completion of the group program, mood management course, specialist group programs and individual therapy.
<b>Can help with</b>	Diagnostic criteria for inclusion include: Major Depression, Dysthymic Disorder, Adjustment Disorder, Panic Disorder, Agoraphobia, Generalised Anxiety Disorder, Obsessive Compulsive Disorder, Social Phobia and Mixed Anxiety-Depression.
<b>Cannot help with</b>	Patients currently receiving treatment as an inpatient in a psychiatric hospital, have a current diagnosis in the psychotic spectrum, have a primary diagnosis which is complicated by a longstanding personality disorder, have current diagnosis of substance abuse or have a current diagnosis of an eating disorder.
<b>How to refer</b>	A written consultation from a GP or other Mental Health Practitioners. Referral forms can be downloaded from the webpage. Please call or fax.
<b>Opening hours</b>	Monday to Friday 8:30am-4:30pm.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9227 4399 Fax: (08) 9328 5911 Website: <a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a> Address: 223 James Street, Northbridge

### Graylands Hospital Campus

#### Government Organisation

<b>Service description</b>	Graylands Hospital provides acute care, treatment and rehabilitation to adults. Graylands Campus also has a forensic maximum-secured inpatient facility.
<b>Programs available</b>	The special care services consist of a community emergency service, court liaison, community support to forensic patients, and creative and vocational training. The special services are available to in-patients as well as patients living in the community.
<b>Opening hours</b>	24-hours 7 days a week.
<b>How to refer</b>	Referrals from authorised practitioners. Call team or fax referral details. Patient will be assessed by the doctor at the hospital. Acceptance is based on patient's location and availability of beds.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9347 6600 Fax: (08) 9385 2701 Location: Brockway Road, Mount Claremont WA 6010 Postal Address: PO Private Bag No. 1, Claremont WA 6910

**City Community Mental Health**  
Government Organisation

<b>Service description</b>	The City Assessment Team is a specialist multidisciplinary team based at 70 Murray Street Perth that provides initial community mental health assessment and short term acute community treatment.
<b>Opening hours</b>	Monday to Friday 8:30-5pm. After hours service open until 10pm.
<b>How to refer</b>	Heath Professionals. Please send all referrals to the Duty Officer: Fax 9224 1702 or post to 70 Murray Street, Perth, 6000. Self-referrals also accepted by phone or walk-in.
<b>Cost</b>	No fee.
<b>Contact details</b>	If you would like to discuss your referral phone the Duty Officer on 9224 1720. Address: Royal Perth Hospital, 70 Murray St, Perth  Subiaco Community Mental Health is a sub-wing of City Community Health. All referrals to go to City Community Mental Health first. Phone (08) 9489 7200 Address: Avro House, 2 Nicholson Road, Subiaco

**Swan Community Mental Health (formally known as Swan Adult Mental Health Centre)**  
Government Organisation

<b>Service description</b>	Outpatient and small inpatient unit for people experiencing mental health problems aged 18 to 65 years.
<b>Programs available</b>	Multidisciplinary team assessment, treatment, rehabilitation, and support of patients in psychiatric hostels. Individual and family therapy. Crèche service available for parents attending appointments at the clinic. Psychiatric emergency responses during office hours. Hostel outreach support team, early intervention team, and elderly community team.
<b>Opening hours</b>	Monday to Friday 8:30am-4:30pm. Saturdays and Sundays a psychiatric nurse is on emergency duty from 8:30am-4:40pm.
<b>How to refer</b>	Referrals are accepted from GPs, Hospitals and clients can self-refer.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9347 5700 Fax: (08) 9347 5555 Address: Eveline Road, Middle Swan

**Royal Perth Hospital (RPH)**  
**Government Organisation**

<p><b>Service description</b></p>	<p>The Psychiatry Department at Royal Perth Hospital (RPH) provides a comprehensive array of tertiary level Psychiatric Services to the patients at its Wellington Street and Shenton Park Campuses; as well as state wide services to Metropolitan Mental Health Services.</p>
<p><b>Programs available</b></p>	<p><b>General hospital psychiatric services</b> - This team provides daytime consultation liaison services to patients at RPH's Wellington Street and Shenton Park campuses. In addition to psychiatric and psychological assessments on medical and surgical wards, the service provides a liaison service to Oncology, Palliative Care, Renal, Burns, Chronic Pain, Respiratory and Cardiac Transplant, Haematology, Infectious Diseases (HIV), Neurology and Hepatology.</p> <p>The Older adults Psychiatric and Liaison (OPAL) team provides a dedicated clinical service to RPH patients aged over 65, suffering co-morbid medical and mental illnesses.</p> <p><b>Emergency Department Mental Health Liaison Team (ED)</b> - This service reviews patients presenting to the Emergency Department (ED) who require mental health assessment.</p> <p>The team comprises a consultant psychiatrist, psychiatric liaison clinical nurses, medical officer, youth self-harm social worker, social welfare assistance and drug and alcohol advisory services.</p> <p><b>Telepsychiatry</b> - The telepsychiatry unit uses videoconferencing equipment to improve communication between metropolitan and rural/remote mental health sites. The service provides consultation liaison services to clinicians at rural sites wishing to discuss treatment/management issues of their patients. Urgent assessments outside scheduled hours are available. Telepsychiatry does not replace on-site visitation to rural sites by psychiatrists, but increases the effectiveness of treatment. In the future, the service will be developed to allow patients to receive treatment and therapy via telepsychiatry.</p> <p><b>WA Transcultural Mental Health Centre</b> - The West Australian Transcultural Mental Health Centre (WATMHC) is a state-wide specialist service, specifically funded to address the special mental health needs of Culturally and Linguistically Diverse (CALD) communities around WA. Apart from its direct clinical service component, the centre adopts a community development and capacity building approach in working with a diverse range of ethnic communities. The Centre's programs include: Clinical Services Delivery, Resource and Consultancy Service, Design and Delivery of Mental Health Promotion and Prevention Initiatives, Collaborative Action Research, Education and Training, Inpatient services for CALD patients. Adult referrals (25-65 years) of migrant and refugee background are accepted from a wide range of service providers. Referrals with details of presenting problems and current medication may be mailed or faxed to the department.</p> <p><b>Transitional Program</b> - This program is a consultant psychiatrist-led multi-disciplinary team of a registrar, occupational therapists, nurses, social workers, and clinical psychologists and incorporates the service previously known as CHANGES. It is a group therapy program, with some capacity for individual work, which meets the needs of patients on the Inpatient Unit. The program is for: Patients discharged from Ward 2K who require continued support before they are contacted by their community mental health team. An alternative to admission for those patients with personality difficulties who present to ED, Patients in ED who are waiting for a bed in a voluntary mental health ward, and patients from the general hospital.</p> <p>The Transitional Program aims to improve clinical care to mental health patients, reduce unnecessary bed stay in the inpatient unit, and decrease inappropriate admissions.</p> <p><b>Inpatient Psychiatric Unit (Ward 2K)</b> - Ward 2K is a consultant psychiatrist-led</p>

	voluntary psychiatric inpatient unit which admits patients from the General Hospital, ED and local community Mental Health Service (MHS), who suffer from all forms of psychiatric illness. The multidisciplinary team comprises of the consultant psychiatrist, the psychiatric registrar, Intern medical officer, nursing staff, social worker, occupational therapist and the clinical psychologist. Interventions include pharmacotherapy, psychotherapy, occupational therapy, social welfare assistance and drug and alcohol services are available for ward patients.
<b>How to refer</b>	A letter or referral form completed by a health professional, please send to the correct department.
<b>Cost</b>	No fee.
<b>Contact details</b>	Ward 2k, Transitional, Chronic Disease 08 9224 1776 Transcultural 08 9224 1760 Telepsychiatry, ED, and Older Adult teams 08 9224 1757 For any other queries, please call 9224 2046 General Consultation Liaison service 08 9224 3776 Department Email Address: rph.psychiatry@health.wa.gov.au Fax: (08) 9224 1786

## Older Adult Services

### Inner City Older Adult Mental Health Service. Government Organisation

<b>Service description</b>	The Mental Health Unit for the Elderly (MHUE) aims to provide comprehensive, quality mental health services for elderly people, their families and carers. Its focus is an acute case management whereby the aim is to successfully discharge a patient within twelve weeks of admission into the service.
<b>Programs available</b>	Specialist, multidisciplinary assessment and treatment of elderly people with behavioural and psychiatric problems at their place of residence. Psychiatric care according to case management model with medical, nursing, social work and psychological services within the team. Advice, support, education and management planning to individuals, families and professional caregivers and other agencies. Referral to and co-ordination of other community and state support services. Referral to inpatient and hospital services.
<b>Can help with</b>	Individuals with behavioural disturbances relating to dementia and/or other psychiatric disorders and their carer's.
<b>Cannot help with</b>	Those living outside of the catchment area and long term residential or psychiatric care.
<b>How to refer</b>	GPs, Mental Health Practitioners and carers/family can contact the Psychiatric Assessment Service on (08) 9224 1720 or 9224 2809.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9224 1720 Fax: (08) 9224 1702 Address: Thirlmere Road, Ursula Frayne Unit, Mt Lawley (Mercy Hospital)

### Selby Older Adult Psychiatric Service. Government Organisation

<b>Service description</b>	Inpatient and Outpatient Mental Health Services
<b>Opening hours</b>	Outpatient facilities are open Monday to Friday 8:30-5pm. Inpatient facilities are open 24 hours a day.
<b>How to refer</b>	GP referral only.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: (08) 9382 0800 or (08) 9382 0817 (Triage Officer) Address: 6 Lemnos Street, Shenton Park

### Swan Community Mental Health Elderly Mental Health Service. Government Organisation

<b>Service description</b>	Assessment & treatment service for older adults with serious, acute or persistent mental health problems in a variety of settings including clients own homes, hostels, nursing homes. Consists of 3 components of service - Boronia inpatient unit (16 beds for people req. hospitalisation), the Community Team & the Sheok Rehabilitation Service.
<b>Programs available</b>	24 inpatient beds and outpatient care for clients aged 65 and over.
<b>How to refer</b>	Referrals are accepted from GPs, Hospitals and clients can self-refer.
<b>Cost</b>	No fee.
<b>Contact details</b>	Phone: 9347 5500 or 9347 5000 Fax: 9347 5522 Address: Eveline Road, MIDDLE SWAN

## Crisis & Emergency Services

### Crisis Care Helpline

<b>Service description</b>	Available 24 hours a day, seven days a week. Telephone Crisis Care when: you need someone to help sort out a serious problem, you are concerned about the wellbeing of a child, you are escaping domestic violence and need help, arguments are causing unhappiness and problems in your family, you are alone or afraid and urgently need to talk to someone, you are homeless, you need counselling, you require information or other support.
<b>Contact details</b>	Phone: (08) 9223 1111 or 1800 199 008 (free call)

### Mental Health Emergency Response Line (formerly Psychiatric Emergency Team)

<b>Service description</b>	Emergency assessment and management of persons with psychiatric disorder and/or mental health concerns in the community. Phone counselling and support. Information, education and advocacy to patients, relatives and the general community with regard to mental illness and mental health problems.
<b>Contact details</b>	1300 555 788 (Perth metropolitan) 1800 676 822 (Peel region)

### Suicide Call Back Service

<b>Service description</b>	The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide, 24 hours per day 7 days a week across Australia. People who are not linked in with current professional support can also access up to six sessions of ongoing counselling with the same counsellor. Professional counsellors, with specialist skills in working with suicide-related issues, will assist clients in working through difficult emotions. The service provides support for people aged 18 and over, although parents of youth at risk are encouraged to call for support.
<b>Contact details</b>	Phone: 1300 659 467 from anywhere in Australia for the cost of a local call.

## General Telephone & Online Support

### Anglicare Telephone Counselling

<b>Service description</b>	Anglicare provides a state-wide telephone counselling service. This Rural and Remote counselling service is available to people anywhere in Western Australia. This telephone counselling service is not a crisis line, and appointments are required for this low fee service.
<b>Contact details</b>	1800 812 511.

### Lifeline

<b>Service description</b>	Lifeline provides crisis support and a range of counselling services, for confidential information or appointments please call (08) 9261 4451.
<b>Contact details</b>	For 24/7 crisis support line please call 131 114

### Samaritans

<b>Service description</b>	Anonymous 24 hours telephone support for anyone who needs someone to listen without criticism or judgement, referrals to other agencies when requested, individual face to face counselling, suicide awareness talks and training, shadow of suicide support group, multilingual support services.
<b>Contact details</b>	24hr emergency service (08) 9381 5555 Office (08) 9381 5725 Youth information service (08) 9382 3811 Youth Liaison Service (08) 9382 3811



## Specialist Telephone & Online Support

### Addiction

#### Alcohol and Drug Information Service (ADIS) – Next Step

<b>Service description</b>	ADIS is a confidential anonymous telephone service that provides; counselling, information, referral, and advice on issues related to alcohol and drugs including prescription and illicit drugs.
<b>Contact details</b>	Phone: (08) 9442 5000 Free call: 1800 198 024 Fax: (08) 9442 5020 E-mail: ADIS@health.wa.gov.au

#### Parent Drug Information Service (PDIS)

<b>Service description</b>	A confidential 24 hour telephone counselling, referral and information service designed specifically to meet the needs of parents/caregivers concerned about someone else's drug use. Parents or caregivers telephoning this service will be offered both professional and peer support.
<b>Contact details</b>	Phone: (08) 9442 5050 Toll free: 1800 653 203 Website: ADIS@health.wa.gov.au

#### Gambling Help Online

<b>Service description</b>	Counselling, information and support 24 hours a day 7 days a week.
<b>Contact details</b>	Phone: 1800 858 858 Address: Perth and Midland Locations.

### Child & Adolescent

#### Kids Helpline

<b>Service description</b>	Kids Help Line is Australia's only free, confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between 5 and 25. Counsellors respond to more than 10,000 calls each week about issues ranging from relationship breakdown and bullying to sexual abuse, homelessness, suicidal thoughts, and drug and alcohol usage. The service aims to empower young people by assisting them to develop options, identify and understand the consequences of a particular course of action, facilitate more productive relationships with family and friends, and provide information on local support services. Kids Help Line counsellors are fully qualified professionals who undergo additional accredited training at Kids Help Line.
<b>Contact details</b>	Phone: 1800 55 1800 Website: <a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a> Email: <a href="mailto:admin@kidshelp.com.au">admin@kidshelp.com.au</a>

## Domestic Violence

### Women's Domestic Violence Helpline

<b>Service description</b>	The Women's Domestic Violence Helpline is a 24 hour service. This service provides support and counselling for women experiencing family and domestic violence. This includes phone counselling, information and advice, referral to local advocacy and support services, liaison with police if necessary and support in escaping situations of family and domestic violence. The service can refer women to safe accommodation if required.
<b>Contact details</b>	Phone: (08) 9223 1188 Free call: 1800 007 339

### Mens Domestic Helpline

<b>Service description</b>	The Men's Domestic Violence Helpline is a state wide 24 hour service. This service provides counselling for men who are concerned about becoming violent or abusive. The service can provide telephone counselling and information and referral to ongoing face to face services if required.
<b>Contact details</b>	Phone: (08) 9223 1199 Free call: 1800 000 599

## Parenting

### Family Helpline

<b>Service description</b>	The family helpline is a confidential telephone counselling and information service for families with relationship difficulties.
<b>Contact details</b>	Phone: (08) 9223 1100 Free call: 1800 643 000

### Parenting Line

<b>Service description</b>	Parenting WA Line is a telephone information and support service on parenting, from pre-birth to 18 years.
<b>Contact details</b>	(08) 6729 1200 / 1800 654 432 available 24 hours a day, seven days a week.

## Relationships

### Mensline

<b>Service description</b>	MensLine Australia is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way. Provides telephone, online and video counselling.
<b>Contact details</b>	1300 78 99 78 Available 24/7