

Mental Health Services for Young People in Western Australia

EMERGENCY CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

- **Hospital Emergency Departments (ED):**
 - o In the Perth metropolitan area, children under 16yrs can present to PMH ED. Young adults (16 plus) can present to the hospital EDs in their area.
 - o In regional areas, people of any age can attend their area's hospital ED.
- **Acute Response Team (ART)** This service can be access through metropolitan emergency departments Commenced operation 5 November 2012. Metropolitan-based service which operates 24 hours per day, 7 days per week and conducts mental health assessments in emergency departments and other community settings.
- **Acute Community Intervention Team (ACIT)** Referrals to ACIT are via emergency departments or CAMHS Commenced operation in 2008, operates weekdays during business hours within the metropolitan area. Provides a rapid, short term intervention in which assessment takes place and assistance is provided to the young person and their family until difficulties stabilise and care can be passed to appropriate community-based professionals.

EMERGENCY MENTAL HEALTH SERVICES

- **RuralLink – 1800 552 002**

Rurallink is an after-hours extension of local country mental health services providing easy telephone access to experienced community mental health staff, with a focus on supporting people with mental health issues. The service provides an after-hours contact point for new and existing clients, carers, other community members, health professionals, and community and welfare services within regional areas.

- **Mental Health Emergency Response Line (MHERL) - 1300 555 788**

Staffed by mental health professionals, the 24 hour mental health call centre will provide expert and accurate telephone response to acute mental health issues. All callers will be triaged and referred to the most appropriate acute response team according to the level of clinical priority. This service operates within the metropolitan area.

- **Community (Crisis) Assessment and Treatment Teams** – Metropolitan after hours integrated extension of crisis and emergency mental health services in the community which is responsive and accessible for people experiencing a mental health crisis or emergency. In the South Metropolitan area, CATT works in 4 Teams which cover the catchments of Armadale, Bentley, Fremantle and Rockingham and Peel. In the North Metropolitan area, the ATTs work in 4 teams based at Stirling, Swan, Perth City and Joondalup. The afternoon duty shift is supplemented with an overnight on-call shift for the area. These teams can be accessed via MHERL (1300 555 788)

- **Sexual Assault Resource Centre – 1800 199 888**

SARC provides counselling to people who have been sexually assaulted or sexually abused. You can choose to see a female or male counsellor. The counsellor will focus on your feelings and your reactions and together with you will explore strategies to help you to heal and feel in control of your life.

DBT THERAPISTS (Paid Services)

Name	Location	Phone
Virginia Pulker	Mount Pleasant	0476 674 094
Tahnee Witt	Joondalup Subiaco	9301 5659
Emma Keltley	South Perth	0492 913 357
Lisa Pesick	Manning	0448 511 179
Sarah Holloway	Subiaco	0481175575
Alison James	Joondalup	0422 620 144
Jennie Fitzhardinge	Mosman Park	0419 195 568

Youth GP's

Name	Location	Phone
Dr Anoopam Moar	Girrawheen	9426 8881
Dr Tue Hoang	Midland	9274 5455
Dr Oenone	Midland	9274 6100
Dr Jamal Jalaluddin	Langford	9451 1377
Dr Lydia Peter	Parkwood	9457 4895
Dr Gillian Cowen	Murdoch	6332 6600
Dr Sarah Cox	Rockingham	9527 9122

GENERAL PRACTITIONER SERVICES

General practitioners (GPs) are the foundation of primary care. It is the first point of health care delivered to people outside of hospitals. GPs are medical experts, trained to deal with all types of problems including mental illness.

- **State-wide Youth-Friendly GPs**

(GPs who have undertaken specific Youth Friendly GP training by the AMA)

<http://www.amawa.com.au/IntheCommunity/ListofYouthFriendlyDoctors.aspx>

- **Fremantle Medicare Local – GP4YP (General Practice for Young People)**

GP4YP is a youth friendly, free, confidential medical practice for young people. The practice focuses on health issues specific to young people, including physical health, mental health, alcohol and other drug use, sexual health and relationship issues. The aims of the service are to provide non-judgmental, easily accessible consultations. Clients are offered long appointment times so that the GPs can get to know the young person and fully understand their issues.

<http://www.fremantlemedicarelocal.com.au/community/healthy-bodies/gp4yp/>

- **Mobile GP:**

Mobile GP uses an innovative model to provide healthcare to homeless and marginalised people in the metropolitan area. Mobile GP works in collaboration with the social welfare, mental health and drug rehabilitation agencies. "Youth by Mobile GP" aims to deal with the issues confronting homeless youth and hopefully assist them to get out of the cycle of homelessness before it becomes a long term issue for them.

<http://www.mobilegp.org.au/index.htm>

- **Street Doctor:**

StreetDoctor is a mobile, easily accessible, confidential, non-judgmental and non-discriminatory bulk-billing primary health care service. The service employs a multidisciplinary team of GPs, Registered Nurses and Outreach Workers, with the aim of improving health outcomes and reduces hospitalisation for disadvantaged people of all ages and from all areas.

- o Perth Central and East Metro: <http://ppcn.org.au/street-doctor/>

- o Fremantle: <http://www.fremantlemedicarelocal.com.au/health-care-professionals/services/freo-street-doctor/>

- **GP Helpline – 1800 022 222**

People who require after hours medical advice, who cannot access their usual GP and are not sure what they should do, can speak to a GP over the telephone, when necessary. The GP Helpline is a national service which operates 24/7.

PRIVATE PSYCHIATRIC SERVICES

Young people and their families are able to be referred by their GP to private psychiatrists and clinical psychologists through Access to Allied Psychological Services (ATAPS).

SCHOOL PSYCHOLOGISTS

There are more than 300 school psychologists working in Western Australia's public and non-government school system. Parents and students are able to engage with these services directly through their school.

24 HOUR TELEPHONE COUNSELLING SERVICES

- **Lifeline WA: (08) 13 11 14**

Provides a telephone counselling service.

- **Crisis Care: 9223 1111 or free call 1800 199 008**

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help. Telephone Crisis Care when:

- o you need someone to help sort out a serious problem
- o you are concerned about the wellbeing of a child
- o you are escaping domestic violence and need help
- o arguments are causing unhappiness and problems in your family
- o you are alone or afraid and urgently need to talk to someone
- o you are homeless
- o you need counselling, information or other support

- **Kids Help Line: 1800 55 1800**

Is a confidential, telephone and online counselling service specifically for young people aged between 5 and 25 years.

- **Suicide Call Back Service: 1300 659 467**

Provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide, across Australia.

- **The Samaritans Crisis Line (Youth): (08) 9388 2500**

Provides a crisis telephone service which offers anonymous, non-judgemental, non-religious emotional support, from appropriately trained individuals.

- **MensLine: 1300 78 99 78**

Is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

- **Headspace: 1800 650 890**

Provides online and telephone support and counselling to young people aged 12 to 25 years.

ONLINE SUPPORT SERVICES

- **PORTS:** <https://ports.org.au/>

PORTS provides free, high quality mental health assessment and treatment to Western Australians aged 16 and over who are experiencing challenges related to low mood, anxiety or substance use.

- **Reachout:** <http://au.reachout.com/>

ReachOut.com is a web-based service that provides young people, their families and carers, with the information, tools, skills and connections they need to make positive decisions about their mental health and wellbeing.

- **Headspace:** <https://www.eheadspace.org.au/>

Provides online and telephone support and counselling to young people aged 12 to 25.

- **Suicide Call Back Service:** <http://www.suicidecallbackservice.org.au/>

In addition to their crisis support telephone service, the Suicide Call Back Service website offers a number of online resources for those affected by suicide.

- **Youth beyondblue:** <http://www.youthbeyondblue.com/>

Provides information and resources relating to mental health problems such as depression and anxiety.

- **It's All Right:** <http://www.itsallright.org/>

Itsallright is a website where you can read the diaries of four teenagers, based on real stories, as they deal with the challenge of living with mental illness in their family. It also has useful Factsheets and Podcasts and provides an online information and referral service on mental illness including schizophrenia, depression and anxiety disorders.

- **Mood Gym:** <https://moodgym.anu.edu.au/welcome>

Provides a free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

- **E-couch:** <https://ecouch.anu.edu.au/welcome>

E-couch is a self-help interactive program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss & grief.

- **Black Dog Institute (youth):** <http://www.biteback.org.au/>

BITE BACK is a new and evolving website which aims to improve the wellbeing and mental fitness of young people, based on the principles of positive psychology – the science of optimal functioning.

- **MensLine:** <http://www.mensline.org.au/Home.html>

Is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way. It operates 24 hours, 7 days a week.

- **depressioNet:** <http://depressionet.org.au/>

The purpose of depressionet.com.au is to empower people experiencing depression to make informed choices and find solutions to the challenges of living with depression.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES:

Community CAMHS provides specialist community based outpatient mental health services for young people across Western Australia and offers a weekday service during business hours. The services offer assessment, case coordination and multidisciplinary treatment services for children and adolescents with severe, complex and persistent mental disorders. Young people with severe and complex mental health disorders who have been admitted to an inpatient unit will require specialist Community CAMHS follow up to achieve long-lasting changes.

Child and Adolescent Mental Health Services (CAMHS) are available at:

Metropolitan locations:

Armadale: (08) 9391 2455
Bentley: (08) 9334 3900
Clarkson: (08) 9304 6200
Fremantle: (08) 9435 9700
Hillarys: (08) 9403 1999
Midland: (08) 9250 5777
Peel: (08) 9531 8080
Rockingham/Kwinana: (08) 9528 0555
Shenton Park: (08) 9381 7055
Warwick: (08) 9448 5544

Great Southern

Albany: (08) 9892 2440
Narrogin: (08) 9881077
Katanning: (08) 98216341

Goldfields

Kalgoorlie: (08) 9088 6200
Esperance: (08) 90710444

South West

Bunbury: (08) 9722 1300
Busselton: (08) 97540560
Bridgetown: (08) 97821444

Wheatbelt

Northam: (08) 9621 0999
Pilbara
Karratha: (08) 9143 2346
Port Hedland: (08) 91741240

Kimberley

Broome: (08) 9194 2640
Derby: (08) 91933605
Kununurra: (08) 91664350
Fitzroy Crossing: (08) 91930093

Midwest

Geraldton: (08) 99561999
Carnarvon: (08) 99416600

Specialist Inpatient and Outreach CAMHS Services:

- o Bentley Adolescent Unit – 12 bed inpatient facility for young people aged 12 to 18 years. The unit provides a statewide specialised service and admissions are provided to both voluntary and involuntary patients.
- o Ward 4H at Princess Margaret Hospital – 8 bed inpatient facility for young people aged 6 to 16 years. This is a voluntary unit which provides a statewide service for short-term assessment and interventions for children and adolescents with an acute mental health disorder.
- o Transition Unit – recovery-based day program for 12 to 18 year olds.
- o Family Pathways – intensive family outreach program and therapeutic school room for 0 to 12 year olds. (08) 9382 0730
- o Families at Work – residential sub-acute program for 6 to 12 year olds (note: this service is temporarily being provided as a community outreach program until early 2013)
- o Complex Attention and Hyperactivity Disorders Service – expert assessment service for complex ADHD with co-morbid mental health disorders. Contact (08) 9360 1650
- o Multi-Systemic Therapy – intensive community based multisystemic program for 12 to 16 year olds with significant conduct disorder: Contact (08) 9431 3787
- o Eating Disorders Service – outpatient, day patient and inpatient services providing consultation, education, assessment and intervention for 0 to 16 year olds with an eating disorder. (08) 9340 7012
- o Integrated Service Centres at Koondoola and Parkwood Primary Schools – support for children and refugee families in school setting.

Specialist Statewide Aboriginal Mental Health Services: (08) 9347 6600

A dedicated state-wide Aboriginal mental health service providing comprehensive treatment for Aboriginal people with a serious mental illness. The State-wide Specialist Aboriginal Mental Health Service (SSAMHS) operates with cultural integrity and provide a 'whole of family' approach to service delivery regardless of location within Western Australia. This service supports Aboriginal people to access mainstream mental health services and increase the capacity of these services to better meet the needs of Aboriginal people.

SPECIALIST YOUTH MENTAL HEALTH SERVICES

Youthlink and YouthReach South: 13-24 year olds

YouthReach South and Youthlink (North metro) provide free and confidential counselling and support services to at-risk and marginalised young people who are:

- 13-24 Years
- Have a serious mental health disorder and/or complex psychosocial issues
- Unwilling or unable to access other mental health or counselling services due to barriers such as transience or homelessness
- Limited support and isolation
- Significant difficulty in engaging with services
- Agree to a referral

Using a person-centred approach, services provide assessment, counselling and case-management with a focus on engagement and assertive follow-up. Both services have the capacity to offer outreach where appropriate.

Youthlink: Tel: (08) 9227 4300
Hours: 08:30 to 16:30 Monday to Friday
Location: 223 James Street, Northbridge WA 6003

YouthReach South: Tel: (08) 9499 4274
Hours: 08:30 to 16:30 Monday to Friday
Location: Level 2/25 Wentworth Parade, Success WA 6164

Youth Axis: 16-24 year olds

Youth Axis provides an early intervention service for young people presenting with ultra-high risk of psychosis and/or features of an emotionally unstable personality disorder. Youth Axis targets young people who have not had extensive treatment by a specialist mental health service for these presenting problems, and will see people for up to 6 months.

Tel: (08) 9287 5700, Hours: 08:30 to 16:30 Monday to Friday
Location: 32-34 Salvado Road, Wembley WA 6014

Youth Hospital in the Home (Youth-HITH): 16-24 year olds

Youth Hospital in the Home (Youth-HITH) is an eight-bed service that provides short term intensive management for up to 14 days in the patient's home or usual place of residence that would otherwise be delivered within a hospital as an admitted inpatient.

Clinicians visit the home every day to review and monitor treatment and progress. Counselling and information is typically provided to the consumer or carer on a daily basis to help develop a better understanding of the illness experience and to improve existing coping skills. Youth-HITH patients may also have a psychiatry/medication review in the home if indicated.

Tel: (08) 6159 6436, Hours: 08:00 to 20:30 Monday to Sunday
Location: Gascoyne House, Mt Claremont WA 6010

Gender Pathways Service (GPS): 17-24 year olds

Transgender and gender diverse youth are at elevated risk of suicide, self-harm, homelessness and other mental health and psychosocial difficulties. The GPS aims to improve the mental, social, and physical health outcomes for gender diverse youth by increasing capacity within services to provide gender-affirming care and to facilitate access to medical interventions to address gender dysphoria through specialist assessment.

Tel: (08) 9227 4300, Hours: 08:30 to 16:30 Monday to Friday
Location: 223 James Street, Northbridge WA 6003

NON-GOVERNMENT SERVICES

- **Headspace** – health and mental health support, advice and information for 12 – 25yrs Fremantle: (08) 9335 6333
Albany: (08) 9842 9871
Broome: (08) 9193 6222
Osborne Park: (08) 9208 9555
(An additional Headspace centre will open in Midland in 2013.)
- **Lynks Counselling:** Lynks is the youth and family counselling service of YMCA Perth. Lynks provides counselling and support to young people aged 15-25 years and families for a range of issues: (08) 9328 3522
- **Streetsyde** offers emergency accommodation for those young people in crisis at Jewell house as well as providing counselling in a safe secure environment. (YMCA) (08) 9325 8488
- **Perth Inner City Youth Service:** Seeks to enhance young people's sense of belonging; by working within and creating links with the wider community. Services include medium to long-term accommodation; family mediation and informal counselling for youth aged 16-25 years. Ph: (08) 9388 2792
- **StandByMe Youth Service (SBMYS):** Youth Centre located in Altone Park, Beechboro. SBMYS offer informal counselling and advocacy to young people (11 – 25yrs) in need as well as referrals of young people to services that can provide them with additional help. SBMYS can provide information about a wide variety of issues that young people face. Ph: (08) 9377 4022
- **Youth Focus:** Youth Focus provides a friendly, confidential and professional service for young people who are in need of counselling and support. This free service is aimed at supporting young people and their families to overcome the issues associated with suicide, depression and self-harm. Office locations: Perth; Albany; Bunbury; Collie; Kwinana; Mandurah; Rockingham. For all offices, contact: (08) 6266 4333
- **Gay & Lesbian Community Services of WA, Inc.:** The counselling and information line allows people to explore their sexuality and gender as it relates to them, without judgement or prejudice. Available week nights from 7pm – 10pm, contact (08) 9420 7201
- **Freedom Centre/WA Aids Council:** Freedom Centre supports young people (under 26) to be happy and healthy about their sexuality and gender. They provide LGBTIQ friendly counselling, peer support, education and sexual health testing. Contact (08) 9482 0000
- **Mental Illness Fellowship of WA – Early Intervention Recovery Program:** The EIRP is for people aged 18-35 years, who have been diagnosed with early episode psychosis. The six- month program aims to support them to re-establish or maintain social, employment and educational networks. Rehabilitation, independent living skills and recreation are all addressed. Contact: (08) 9227 7751
- **Step 1 youth services:** a street-based outreach and intensive support service, assisting 12 - 18 year old 'at risk' homeless and street-present young people in the Perth Inner City area. Ph: 9325 7033
- **Passages Resource Centres:** offers a referral service for homeless or street present young people between the ages of 12 and 25
Perth: 22 Palmerston St, Northbridge (ph: 9228 4178)
Mandurah: 20 Davey St, Mandurah (ph: 9583 5160)
- **Nyoongar Patrol Outreach Service:** a community based service that deals with social and welfare issues to provide early street-level interventions to local and remote Indigenous people frequenting public spaces in nominated locations. The target groups are people at risk of coming into contact with the criminal justice system due to various social and welfare issues. After 9.00pm, the Patrol's focus is assisting young people who are likely to come into contact with the criminal justice system or frequenting night precincts unsupervised.

- **Anglicare WA** – a range of services offered state-wide:
<http://www.anglicarewa.org.au/>
- **Uniting Care West** – a range of services available state-wide: <http://www.unitingcarewest.org.au/>
- **Yorgum** - Yorgum provides an alternative and cultural approach to healing Aboriginal people who have been affected by family violence, sexual abuse and the underlying causes associated. The service operates metropolitan wide and works in a manner that is holistic and within the Aboriginal Terms of Reference. The Yorgum Clinical Supervisor (Psychologist) and Counselors work with children and adults on an individual basis and as a family unit: 9221 0487
- **Regional Youth services:** a range of youth mental health services are provided in regional areas, including by local shires. For further information, contact your local Shire, or download the Youth Services Directory, published by the Australian Medical Association (WA):
<http://www.amawa.com.au/Portals/0/docs/YFD/2012%20May%20AMA%20Youth%20Services%20Directory.pdf>

This document and further information on mental health services and supports in Western Australia are available at Mental Health Commission's website: www.mentalhealth.wa.gov.au