

Mental Health Services for Young People in Western Australia

EMERGENCY CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

- **Hospital Emergency Departments (ED):**
 - In the Perth metropolitan area, children under 16yrs can present to PCH ED. Young adults (16 plus) can present to the hospital EDs in their area.
 - In regional areas, people of any age can attend their area's hospital ED.
- **CAMHS Crisis Connect – 1800 048 636 – 24 hours a day, 7 days a week**
 - CAMHS Crisis Connect provides phone and online videocall support for children and young people who are experiencing a mental health crisis, as well as support and advice to families, carers and professionals in the community.
 - It aims to provide expert help to children and young people (up to the age of 18) quickly, when they need it most.
- **SARC Emergency Services**
 - The emergency service is available to people over 13 years who have been sexually assaulted in the past 2 weeks. To access the emergency services, clients must telephone SARC. Emergency services for people under 13 years are provided by the Child Protection Unit at Perth Children's Hospital on (08) 6456 0089

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 (Perth) 1800 676 822 (Peel region)

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

Or to find one near you, go to : <https://www.amawa.com.au/community/youth-friendly-doctors/>

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>

- **Black Swan Health – 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.

<https://www.blackswanhealth.com.au/health-wellness/general-practice-for-young-people/>

- **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: 135 247**

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.

- **Blue Knot Foundation Helpline : 1300 657 380**

Blue Knot Foundation Helpline is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse. Call 1300 657 380, Monday – Sunday between 9am – 5pm AEST or via email helpline@blueknot.org.au.

- **QLife: 1800 184 527 3pm – 12am AEST, 7 days a week**

Provides nationwide telephone and web-based services for lesbian peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527, 3pm – 12am (midnight) AEST/7 days a week

- **1800Respect: 1800 737 732**

Support if you, or someone you know, is experiencing sexual assault or domestic and family violence (all ages).

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.

- **DBT Online:** <https://dbtonline.com.au/>

DBT Online is delivered by expert DBT clinicians at the Melbourne DBT Centre, who are nationally recognised for excellence in DBT.experts in DBT and evidence-based therapies. They are trained in the latest techniques, and are very committed to their work.

- **Youth beyondblue:** <https://www.beyondblue.org.au/who-does-it-affect/young-people>

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.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES:

The Child and Adolescent Mental Health Services (CAMHS) in Western Australia offers support, advice and treatment to young people and their families who are experiencing mental health issues. Children and families are referred to Mental Health by their treating therapist, specialist, GP, School or other community organisation.

CAMHS provides recovery-focused programs, and services for children from birth up until a person turns 18 years old.

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

Metropolitan locations:

Armadale: (08) 9391 2455

Bentley: (08) 9416 3900

Clarkson: (08) 9304 6200

Fremantle: (08) 9435 9700

Hillarys: (08) 9403 1999

Peel: (08) 6559 5100

Rockingham/Kwinana: (08) 9528 0555

Shenton Park: (08) 9381 7055

Swan, Midland: (08) 9250 5777

Warwick: (08) 6373 8500

Regional WA:

Contact RuralLink 1800 552 002 (Monday to Friday 4:30pm to 8:30am) 24 hour service on Saturday, Sunday and Public Holidays

Specialist services and day programs: WA Child and Adolescent Health Service

- East Metropolitan Youth Unit (EMyU) – 9416 3666 – 12 bed inpatient service which provides mental health inpatient care for young people aged 16 to 24 presenting with complex and acute mental health issues. The service has a focus on early episode interventions. As a specialised tertiary acute psychiatric youth unit, admissions are only accepted by referral for consumers residing in the East Metropolitan Health Service catchment area. Consumers residing in other parts of WA may be admitted on a case-by-case basis. Please contact (08) 9416 3666 for more referral information.
- Ward 5A at Perth Children’s Hospital – is the state-wide assessment and treatment facility for children and young people who are 15 years old or under with complex and acute mental health issues..
- Pathways - is a statewide service providing assessment, treatment and support for children aged 6 to 12 years with complex and longstanding mental health difficulties. Access to the Pathways program is through another CAHS service such as Community Health or through a CAMHS service.
- Touchstone - a structured day programme for young people aged 12-17 years and their families. The programme works with young people who are struggling to cope with relationships, mood difficulties and impulsive self-harming behaviours. Referrals to Touchstone are through Community mental health clinics.
- Therapeutic Crisis Intervention for Families program - 6456 0214 PCH - gives parents/carers the knowledge, practical skills and confidence to help their children in times of emotional distress through crisis prevention and de-escalation. Managing these emotions teaches children how to avoid losing control now and in future times of emotional crisis and to express their feelings in developmentally appropriate ways.
- Complex Attention and Hyperactivity Disorders Service – 6456 0214 PCH - a statewide service that works with children, young people (under 18 years old) and families who have persistent difficulties with attention and behaviour. Children and young people who use this service must have a diagnosis of Attention Deficit Hyperactivity Disorder and are currently being treated for difficulties with paying attention, being hyperactive or controlling impulses.
- Multisystemic Therapy – a community based, metropolitan service for families with young people between the ages of 11 to 16 years who are experiencing severe behavioural and mental health difficulties
- 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

Specialist Statewide Aboriginal Mental Health Services: (08) 9224 8935

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 1/25 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

WA YOUTH SERVICES DIRECTORY

- **Headspace** – health and mental health support, advice and information for 12 – 25yrs. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.
- **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
- **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 2791
- **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: Burswood; Albany; Bunbury; Collie; Kwinana; Mandurah; Rockingham, Geraldton, Northam, Meekatharra, Midland, Joondalup. 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 7.30pm – 10.30pm, 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) 9228 0354
- **Mental Illness Fellowship of WA (MIFWA)**– The MIFWA Early Intervention Recovery Program (EIRP) is for young people aged 16 to 30 years who have been diagnosed with a mental illness including first episode of psychosis. Operating across the Perth Metropolitan area, our EIRP team supports people to re-establish or maintain social, professional and educational networks. The program is initially for 6 months but can continue for up to one year. Contact: (08) 9237 8900
- **Street Connect:** Street Connect is a program that aims to make connections with marginalised young people who gather regularly in public places and engage them in positive life changes. Ph: 0418 942 475 to find out where the Street Connect Team are based each day.
- **Passages Resource Centres:** offers a referral service for homeless or street present young people between the ages of 12 and 25
Perth: 143 Edward 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. Ph: (08) 9228 4211.

- **Anglicare WA** – a range of services offered state-wide:
<http://www.anglicarewa.org.au/>, 1300 114 446
- **Uniting WA** – a range of services available state-wide: <http://www.unitingcarewest.org.au/> 1300 663 298
- **Yorgum Healing Services** - 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 Counsellors work with children and adults on an individual basis and as a family unit: 1800 469 371 (08) 9218 9477.
- **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