

Other helpful contacts and resources

This page contains a number of other counselling organisations and resources. Please refer to the websites for further information and contact details. Please note there may be a fee for some services and that some may require a referral from your GP.

Please make sure that the service is appropriate for your needs. It is your responsibility to check to see that the services provide what you are seeking

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Emergency and after-hours services

Crisis Care Support in a crisis such as child protection concerns, domestic violence, homelessness or a need for urgent emotional support.	Metro: (08) 9223 1111 Country: 1800 199 008
Lifeline 24 hour and crisis telephone and online counselling.	Phone: 13 11 14 www.lifeline.org.au
Mental Health Emergency Response Line Emergency assessment and advisory service for mental health clients and their carers.	Phone: 1300 555 788
RuralLink Emergency assessment and advisory service for mental health clients and their carers in rural areas.	Phone: 1800 552 002
Samaritans 24 hour crisis telephone counselling	Metro: (08) 9381 5555 Country: 1800 198 313 www.thesamaritans.org.au
Sexual Assault Referral Centre (SARC) 24hr Crisis Line for recent sexual assault.	Phone: (08) 9340 1828

Relationships and general counselling or psychotherapy

Centrecare Centrecare delivers a wide range of counselling, mediation, support, accommodation and training services from office locations in Perth, Mirrabooka, Joondalup, Carlisle, Bunbury, Kalgoorlie and Esperance. Centrecare also provides a range of professional on-line counselling services.	www.centrecare.com.au
Kinway Kinway provide a confidential counselling service for individuals, couples, families and children who are concerned about their relationships. Various locations in the metropolitan areas; including Fremantle, Girrawheen, Gosnells, Joondalup and Rockingham.	www.kinway.org.au

<p>Lifeline Lifeline is a 24 hour confidential phone counselling service available nationwide. They provide counselling across arrange of issues including relationship and family concerns, mental health concerns, loss, violence, addiction, suicide prevention and much more. This is a particularly valuable contact for those in emotional need. Face to face counselling may also be available upon request.</p>	<p>www.lifeline.org.au</p>
<p>Relationships Australia Various locations in the metropolitan area including Armadale, Bunbury, Fremantle, Joondalup, Midland, Mirrabooka, and Rockingham. Relationships Australia provide an extensive range of services including family and relationship counselling, marriage and relationship education, mediation and family skills training.</p>	<p>www.relationships.com.au/who-we-are/state-and-territory-organisations/wa</p>
<p>Mental health services</p>	
<p>Centre For Clinical Interventions (CCI) CCI is a WA public health service offering cognitive behavioural therapy (CBT) for individuals suffering from anxiety disorders and depression. Individual and group treatments are available. A referral from your GP or referral agency is required.</p>	<p>www.cci.health.wa.gov.au</p>
<p>MAITRI Mental Health Service (Multicultural Services Centre of WA) MAITRI provides mental health assessment, treatment and management, counselling, psycho-education and psychosocial intervention for people from culturally and linguistically diverse backgrounds.</p>	<p>www.mscwa.com.au/our-programs/maitri-health-mental-service</p>
<p>Mental Health Services Government-based mental health services provide assessment and treatment for people with a mental illness. Clinics are located across the state and include the WA Transcultural Mental Health Service.</p>	<p>www.mentalhealth.wa.gov.au</p>
<p>Alcohol and drug counselling and information</p>	
<p>Alcohol and Drug Information Service (ADIS) ADIS is a 24 hour, confidential telephone service for people in Western Australia. It provides information, counselling, referral and advice to anyone concerned about their own or another's alcohol or other drug use.</p>	<p>Metro: (08) 9442 5000 Country: 1800 198 024</p>
<p>Holyoake Holyoake provides a range of services including individual counselling, specifically designed alcohol and drug programs, family programs (spouses, parents, other relatives, children), professional and community education and training, a residential service for men, outreach to young people and parents and services to adults in prison and juveniles in detention.</p>	<p>www.holyoake.org.au</p>
<p>Next Step (WA Drug and Alcohol Office) Next Step provides inpatient and outpatient treatment for drug and alcohol problems.</p>	<p>www.dao.health.wa.gov.au/AboutDAO/DrugAlcoholServices/tabid/60/Default.aspx</p>
<p>Problem gambling</p>	
<p>Centrecare Centrecare provides a range of services for people affected by problem gambling, their partners and families.</p>	<p>www.centrecare.com.au/counselling-support-services/alcohol-counselling-support/</p>

Services for women

The Muslim Women's Support Centre of WA

www.mwsc.com.au

MWSC is a not-for-profit organization based in Perth, Western Australia, who provide social and support networks for women in the local community.

Women's Health Services

www.whs.org.au

WHS provides medical, counselling, drug and alcohol support, domestic violence, mental health and other health services for women and their families. Programs and services at WHS are open to all West Australian women including Aboriginal, migrant and refugee women, and their families.

Women's Health Works

www.womenshealthworks.org.au

Women's Health Works is a health, education and referral service for women in the northern suburbs of Perth. The service provides information, health promotion, education, counselling and medical clinics, as well as social and support groups, including the Body Esteem self-help group for eating disorders.

Services for men

Dads@Lifeline

www.lifelinewa.org.au/pages/services/dads@lifeline.asp

Dads@Lifeline supports fathers and their children after separation and/or bereavement.

Men's Advisory Network

www.man.org.au

MAN provides information to individuals about appropriate services and professionals, plus provides general community education and raises awareness of the issues affecting males of all ages.

Sexual assault support

Sexual Assault Referral Centre (SARC)

www.kemh.health.wa.gov.au/services/sarc

SARC is a free 24 hour 7 days a week emergency service that offers assistance and support to any person, female or male, aged 13 years and over who has experienced any form of unwanted sexual contact or behaviour in the last 2 weeks. A free counselling service is also available (during business hours) to people who have experienced sexual assault or sexual abuse in the past.

Sexuality support

Freedom Centre

www.freedom.org.au

FC provides support for young people (under 26) and their communities to be informed, happy and healthy about their sexuality, sex and gender through a range of programs, including education, online support and a drop-in centre.

Gay and Lesbian Community Services of WA

www.glcs.org.au

GLCS is a non-profit organisation which aims to promote the wellbeing of lesbian, gay, bisexual, trans, intersex, queer and other sexuality, sex and gender diverse people in Western Australia.

Legal, financial and welfare support

Centrelink

Centrelink is an Australian government agency providing a range of payment and support services to the Australian community, including Youth Allowance and Austudy/Abstudy.

www.centrelink.gov.au

Community Legal Centres

Independent non profit legal organisations throughout the state providing legal information, advice, representation to individuals and groups with specialisations in certain areas such as legal problems of youth, migrants, tenants, for people with disabilities and for women. Most services are free or at reduced cost.

www.lawsocietywa.asn.au/Default.aspx?PageID=1479110&A=SearchResult&SearchID=676429&ObjectID=1479110&ObjectType=1

Legal Aid

Legal Aid provides information, legal advice and representation. The type and amount of help provided depends on your finances, nature of your legal problem and their resources.

www.legalaid.wa.gov.au

Welfare Rights and Advocacy Service

WRAS is a non-profit community organisation which provides free, independent advice and advocacy to disadvantaged people, social security recipients, and low waged earners.

www.wraswa.org.au

Wesley Mission

Wesley Mission's programs of support address a number of areas including homelessness, poverty, substance use issues and disability services. Wesley Creditline is a free confidential financial counselling service assisting individuals and families to regain control of their finances.

www.wesleycreditline.org/centres/creditline/

Online information and resources

Beyondblue

Beyondblue is the national depression initiative. It undertakes research into depression and provides a range of resources, including educational programs, fact sheets and symptom checklists. There is a link to Youth Beyond Blue for under 25s.

www.beyondblue.org.au

SANE Australia

SANE undertakes programs to provide education and research on mental illness. Its website has a wide range of tipsheets and podcasts on mental illness. SANE also runs a helpline.

www.sane.org

Support for learning difficulties

Dyslexia – SPELD Foundation

DSF undertake assessments and a range of learning supports to children and adults with dyslexia.

www.dyslexia-speld.com

ECU Counselling Services website: <http://intranet.ecu.edu.au/student/support/counselling>