

HAVING A CONVERSATION ABOUT MENTAL HEALTH

RESOURCES FOR FAMILIES AND COMMUNITY



SERVICES	PHONE	WEBSITE
Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au ehespace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/mental-health
Mental Health Emergency Respnse Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

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Smiling Mind



Mindshift



Reachout Worry Time



What's Up?



The Check-in

COPING STRATEGIES & CONVERSATION STARTERS...



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