



Great Southern mental health service providers

Amity Health

Amity Health offers funded mental health counselling for eligible children, teens and adults.

A GP or Health Professional referral is required. Amity Health is a registered NDIS provider.

Address: 136 Lockyer Avenue, Albany
Phone: (08) 9842 2797
Email: query@amityhealth.com.au
Web: www.amityhealth.com.au



Anglicare



Supporting people, families and communities to cope with the challenges of life; assisting people with relationship issues, financial problems and housing difficulties.

Address: 44 Collie St, Albany
Phone: (08) 9845 6666 or 1300 11 44 46
Email: albany.reception1@anglicarewa.org.au
Web: www.anglicarewa.org.au/get-help/mental-health

Relationships Australia



Services at Albany branch:

Counselling | 4families | Mediation and family dispute resolution | Redress support services (assists clients to access the National Redress Scheme) | Courses and Workshops

Our services are offered in a confidential and safe environment and a referral is not required. Telephone, video and face to face appointments are available.

Office hours are 9.00am - 5.00pm Monday to Friday. To find out more or book an appointment, please call or email the details below.

Phone: (08) 6164 0530
Email: albany@relationshipsaustralia.org.au
Web: www.relationshipsaustralia.org.au

Step up/Step Down Service



Short term residential support to prevent hospital admission, support early discharge and promote recovery in the community. Most services require no referral.

Address: 17 Diprose Crescent, Spencer Park, Albany
Phone: (08) 6323 8900
Email: albany@neaminational.org.au
Web: www.neaminational.org.au

Palmerston

Supporting individuals, families and communities affected by drug and alcohol issues, with services including counselling, group support and residential rehabilitation.

Address: 63 Serpentine Road, Albany
Phone: (08) 9892 2100
Email: albany@palmerston.org.au
Web: www.palmerston.org.au



Pivot Support Services

Pivot provides assistance to persons with mental health issues through its NDIS service and Community Hub. The level of assistance can vary from therapeutic support, referrals and practical assistance for persons in crisis

Address: 121 Aberdeen Street, Albany
Phone: (08) 9842 9699
Email: admin@pivotsupport.com.au
Web: www.pivotsupport.com.au



Rural Aid Counselling Program

Dedicated to improving the mental health outcomes of rural Australia. The Rural Aid Mental Health and Wellbeing team is made up of experienced counsellors who are based in rural towns across the country.



Rural Aid's counsellors are trained to help their communities with a range of services, from early intervention and health promotion, right through to treatment using evidence-based interventions. Rural Aid counsellors offer free, confidential support to farmers and their families.

Phone Counselling Intake Line – [1300 175 594](tel:1300175594)
Web: www.ruralaid.org.au

Southern Ag Care

Professional counselling and support services for rural people provided by rural people in the Great Southern.

Eligible areas are West Arthur, Wagin, Dumbleyung, Lake Grace, Woodanilling, Katanning, Kent, Kendenup, Kojonup, Broomehill-Tambellup, Cranbrook, Gnowang-erup, Jerramungup, Plantagenet, Denmark Shires.

Phone: (08) 9827 1552
Email: admin@southernagcare.org.au
Web: www.southernagcare.org.au



Albany Halfway House

A community based and managed support

service for adults diagnosed with severe and persistent mental health issues, working cooperatively with service users and other agencies towards recovery (18-65 years). Albany

Halfway House Association is a registered NDIS provider.

Phone: (08) 9842 2612
Email: hello@aha.org.au
Web: www.gsaha.org.au



GP or Health
Professional
referral

Richmond Wellbeing



A community resource centre for people impacted by mental distress: individuals, their families, carers and key supports.

Address: 23 Stead Rd, Centennial Park, Albany
Phone: 1800 742 466
Albany Fellowship House: (08) 9842 9221
Email: albany@rw.org.au
Web: www.rw.org.au

Depression Support Network



Provides one-to-one peer support to people living with depression, their carers and families. Teaching recovery and safety planning, recovery techniques and ideas, information sessions. Share meals, enjoy walking groups, social activities, art and craft groups and more.

Address: 39 Mokare Rd, Spencer Park, Albany
Phone: (08) 9842 1439 | Jo: 0428 289 578
Email: manager@dsnalbany.com.au
Web: www.dsnalbany.com.au

WA Country Health Service Great Southern Mental Health Services

GP or Health
Professional referral
for some services

WACHS Great Southern Mental Health Service (GSMHS)

A specialist service providing acute in-patient and community care to mental health clients in the Great Southern.

Referrals are accepted from health professionals and other referral parties. If urgent, clients may present in person during office hours 8.30am to 4.30pm
WEB: www.wacountry.health.wa.gov.au/Our-services/Great-Southern/Great-Southern-health-services/Great-Southern-mental-health-services

Sites located at:

Albany Community Mental Health

Location: Ground floor, Albany Health Campus
Hardie Road, Albany WA 6330
Phone: (08) 9892 2440
Fax: (08) 9892 2605
Email: gs.cmh@health.wa.gov.au

Albany Authorised Psychiatric Unit (APU)

Location: Ground floor,
Albany Health Campus
Hardie Road, Albany WA 6330
Phone: (08) 9892 2525

Katanning Community Mental Health

Location: Katanning Hospital
11-31 Kobeelya Avenue,
Katanning WA 6317
Phone: (08) 9821 6341
Fax: (08) 9821 6323

WACHS has multidisciplinary teams that are made up of:

Psychiatrists, Psychiatric Registrars, Psychologists, Nurses, Social Workers, Occupational Therapists, Aboriginal Mental Health Workers and a Peer Support Workforce with Lived Experience.

Rurallink is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.



Child and Adolescent Mental Health Service (CAMHS) Crisis Connect

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 and carers, and professionals in the community.

Phone: **1800 048 636** between 8am and 2.30am, 7 days a week.

Web:

<https://www.caahs.health.wa.gov.au/Our-services/Mental-Health/CAMHS-Crisis-Connect>



Rurallink 1800 552 002

After hours emergency service: 24 hour free call 1800 552 002

- Availability 4.30pm – 8.30am Monday to Friday and 24 hours Saturday, Sunday and public holidays.
- During business hours you will be connected to your local community mental health clinic.
- Callers to Rurallink are connected to a trained mental health clinician who can provide them with:
 - ⇒ mental health assessment
 - ⇒ crisis support, crisis planning and brief intervention
 - ⇒ mental health system navigation
 - ⇒ mental health information and advice
 - ⇒ planned support calls over weekends and overnight to people experiencing a crisis
 - ⇒ referral to a mental health or emergency service when more than telephone support is required.

The service is designed keep individuals safe during a mental health crisis by connecting them with appropriate support services.

The service is available for:

- ⇒ anybody experiencing a mental health crisis who feels they need urgent assistance
- ⇒ families or carers of people with a mental illness
- ⇒ members of the general public who witness a mental health crisis and need assistance
- ⇒ health professionals
- ⇒ community welfare service providers.

Mental health helplines and online services

Helplines or online chat services can provide you with immediate access to support and advice that is confidential, free and can be anonymous.

In an emergency call 000 or visit your local emergency department.

Lifeline - 131 114



24 hour crisis support and suicide prevention. In addition to this service Lifeline also have online resources and information to help you and others understand what is happening and how you can self manage.

Web: www.lifeline.org.au

Suicide Call Back Service

1300 659 467

24 hour telephone and online counselling.

In addition this service provides online information and resources to support individuals, those who are helping others and health professionals.

Web: www.suicidecallbackservice.org.au



call to mind

Call to Mind - Telepsychiatry

Our experienced psychiatrists and psychologists offer people all across Australia access to timely, quality mental health treatment via telehealth.

Rural and remote psychiatrists bulk billed 291 assessments.

Phone: 03 9099 0453

Email: info@calltomind.com.au

Web: www.calltomind.com.au

Referrals can be faxed to 0399789458 or emailed to referrals@calltomind.com.au

Mindspot



MindSpot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

Services are free, confidential, and online, and provide optional access to qualified therapists.

Find educational and self help resources on their website.

Phone: 1800 614 434

Web: www.mindspot.org.au

Mental Health Online

Comprehensive free online help for mental distress.

Expert programs, information and resources to help you manage your mental wellbeing. The free, self-help and therapist-assisted treatment programs are designed to help you overcome mental health difficulties related to:

generalised anxiety disorder

depression

social anxiety disorder

obsessive compulsive disorder

Post-traumatic stress disorder

panic disorder, with or without agoraphobia.

Even if there are only some symptoms of a mental health disorder, these programs help prevent difficulties from getting worse and developing into a diagnosable disorder.

Checkout the free online assessment, e-PASS

Web: www.mentalhealthonline.org.au



Beyond Blue



Information and support for people living with depression and anxiety.

Call a counsellor 24/7 on **1300 224 636**

Web: www.beyondblue.org.au

Grief Line



If you need help coping with grief, or would like to support someone you care about experiencing loss and grief, you can connect with the **National Helpline**

1300 845 745 (8am to 8pm AEST)

Request a callback - <https://griefline.org.au/get-help/request-a-callback/>

Web: www.griefline.org.au

QLIFE



QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

Phone: 1800 184 527 (5:30pm-10:30pm)

Webchat: <https://qlife.org.au/resources/chat>

Web: <https://qlife.org.au/>

Support for eating disorders and body image issues



Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them. Butterfly provides support services, treatment and resources, delivering prevention and early intervention programs and advocating for the needs of those with eating disorders and body image issues.

Phone: 1800 33 4673

Web: www.butterfly.org.au

Online chat: www.butterfly.org.au/get-support/chat-online

SANE



If you need support or are looking for information SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.

Available Monday to Friday, 10am - 8pm (AEST/AEDT). SANE's team of trained staff and volunteers provide free support, information, and resources.

Phone: **1800 187 263**

Web: <https://www.sane.org/>

Open Arms



Open Arms – Veterans & Family Counselling is Australia's leading provider of mental health assessment and counselling for Australian veterans and their families.

Call us 24Hr 1800 011 046



SAFE ZONE SUPPORT

FREE ANONYMOUS
COUNSELLING LINE
CALL 1800 142 072

Safe Zone Support - 1800 142 072

24/7 free counselling services for all Australian Defence Force personnel, veterans and their families.

Web: www.openarms.gov.au/safe-zone

Great Southern youth mental health service providers

headspace Albany

headspace Albany supports young people aged 12 - 25 and their family and friends. All supports are free, and include mental health concerns, physical health and sexual health, substance use issues, and work and study support.

headspace Albany delivers all services from the centre, and also offers telephone and online appointments.

All services are no cost to young people.

Opening hours:

Monday - 9am to 5pm
Tuesday and Wednesday - 9am to 8pm
Thursday and Friday - 9am to 5pm



Self-referral available.
GP or Health Professional referral also welcome

Address: The Link Shopping Centre St Emilie Way, Albany
Phone: (08) 9842 9871
Email: info@headspacealbany.com.au
Web: www.headspace.org.au/albany

Youth Focus Great Southern



Youth Focus is a youth mental-health service for 12 to 25 year old's, providing school-based counselling services at no cost. Schools currently serviced are: Albany Senior High School, North Albany Senior High School, Denmark Senior High School, WA College of Agriculture – Denmark and Mount Barker Community College. Youth Focus is the lead agency for headspace Albany; all referrals for Youth Focus Great Southern should be directed through headspace Albany (08) 98429871 or email:

info@headspacealbany.com.au

Address: The Link Shopping Centre St Emilie Way, Albany
Phone: (08) 9842 9871
Fax: (08) 9842 6201
Web: www.youthfocus.com.au

Albany Youth Support Association



Helping young people and their families with a range of programs including; Albany Youth Outreach, Denmark Youth Outreach, Tambellup Youth Outreach, Navig8, Act Belong Commit Youth Arts Studio, Reconnect, SHOT Supported Housing and Young House.

Address: 12 Young Street, Albany
Youth Centre: 4 Sanford Road, Albany
Phone: (08) 9842 2082
Email: admin@aysa.org.au
Web: www.aysa.org.au

Child and Adolescent Mental Health Service Crisis Connect

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 and carers, and professionals in the community.

Phone: **1800 048 636**
between 8am and 2.30am, 7 days a week.

Web: <https://www.caHS.health.wa.gov.au/Our-services/Mental-Health/CAMHS-Crisis-Connect>



Amity Health



Amity Health offers funded mental health counselling for eligible children, teens and adults, through the Integrated Primary Health Mental Health Care Program (IPMHC)

A GP or Health Professional referral is required.

Amity Health is a registered NDIS provider.

Phone: 9842 2797
Email: query@amityhealth.com.au

4 Families



4families is a family mental health support program for children and young people aged 0-18, their families and carers. The program is free and offers therapeutic and case management supports as well as advocacy and coordinated/collaborative practices with other organisations to support the needs and wellbeing of families.

Opening hours are 9am-5pm Monday to Friday.

Address: 29 Albany Highway, Albany
Phone: (08) 6164 0350
Email: albany@relationships.wa.org.au
Web: www.relationshipswa.org.au

Online services and information for youth mental health

eheadspace



eheadspace provides online and telephone support and counselling to young people 12-25 years and their families and friends, at no cost. If you're based in Australia and going through a tough time, eheadspace can help.

Phone: 1800 650 890
Web: www.headspace.org.au/online-and-phone-support

Kids Helpline 1800 55 1800



Australia wide free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.

Web: <https://kidshelpline.com.au/>

REACHOUT

ReachOut provides free online information, tools and tips to help young people get through everyday issues or tough times.

ReachOut also provides information for parents and schools, making it easier for them to help young people.

Web: <https://au.reachout.com>

RightByYou



Today's young people are on the frontline of seeing their friends show varying signs of suicidal thoughts. Our focus is on supporting and guiding young people on how to help their friends. We offer practical resources and key information about what to do when a friend may be expressing thoughts of suicide when they are online.

Website: www.rightbyyou.org.au

ORYGEN — #chatsafe

#chatsafe is a suicide prevention program that aims to empower and equip young people with the skills to communicate safely online about self-harm and suicide. Guides and other resources available to download can be found at:

Web: <https://www.orygen.org.au/chatsafe>



APPS

Smiling Mind



A unique mindfulness tool to help bring balance to your life. Mindfulness is proven to lead to better attention, memory, regulation of emotions and self awareness.

Your Crew



YourCrew is a reflective, interactive and fun way to prevent small issues from becoming big ones. YourCrew connects people seeking help to those they know and trust.

ClearlyMe®



Help you to think and feel better when you are going through a tough time, be the best version of yourself and get the most out of school and life.

Programs

The Brave Program



An online program for the treatment of anxiety in young people.
<https://brave4you.psy.uq.edu.au/>

moodgym moodgym

For individuals aged 16 and over, an interactive self-help program for preventing and coping with depression and anxiety.
<https://www.moodgym.com.au/>

Great Southern and online Perinatal mental health service providers

Amity Health

Amity Health offers funded mental health counselling for eligible children, teens and adults, through the Integrated Primary Health Mental Health Care Program (IPMHC). A GP or Health Professional referral is required. Amity Health is a registered NDIS provider.

Phone: **9842 2797**

Email: query@amityhealth.com.au

Web: <https://www.amityhealth.com.au/>



The Nest

The Nest group meet for 2 hours once a week for 8 weeks, to provide parenting support and knowledge building.

Topics covered: self care, mindfulness, protective behaviours, child health issues and relationships.

Phone: **9841 8254**

Web: www.rcnc.org.au/programs/2016/10/4/the-nest

Email: thenest@rcnc.org.au



Bouncing Back

Bouncing Back aims to reduce depression and anxiety during pregnancy and after birth. Women who are pregnant or have a child aged less than 18 months can join this informal and supportive group. The program runs for eight weekly sessions in Albany, with a free crèche available.

Ask your Child Health Nurse or GP to refer you, or self-refer by calling:

Phone: **0428 223 535**



For When

Mental health support for expecting and new parents.

We connect parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services you might need most.

For When: 1300 24 23 22

Website: <https://forwhenhelpline.org.au>

Facebook: <https://www.facebook.com/ForWhenHelpline>



Ngala Parenting Line

Support to families with children aged 0-18 years living in regional rural and remote Western Australia.

From conception to adulthood, Ngala will be there as a steadying hand on the journey you take with your child, every step of the way.

Phone: Regional callers and landline users
1800 111 546

Phone: Metro callers and mobile users
08 9368 9368

Website: www.ngala.com.au



Gidget Foundation

Gidget Foundation Australia provide information and resources to support emotional wellbeing of expectant and new parents using telehealth for families experiencing perinatal depression and anxiety. To access the telehealth service requires a GP referral with a mental health care plan.

Phone: **1300 851 758**

Website: www.gidgetfoundation.org.au



Mum Space

Mum Space have created **Mum2BMoodBooster and MumMoodBooster**

Free online programs to help women recover from perinatal depression. You will have access to six online sessions. These can be done with the support of your Doctor. Mum Space also provide many other resources and tip sheets.

Website: www.mumspace.com.au

Facebook: <https://www.facebook.com/MumSpace.com.au/>



Online Education and Information

Centre of Perinatal Excellence COPE

Everything you need to know from planning, expecting, preparing for birth, new parents and support for family and community to navigate helping others.

<https://www.cope.org.au/>



Triple P online for Baby



Positively nurture your baby's development and a close relationship right from the start.

Web: <https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-online-for-baby/>

Raising Children Network



Information, resources, videos, from pregnancy to grown-ups.

Web: <https://raisingchildren.net.au/babies>

Raising Healthy Minds App

Wanslea - Volunteer Family Connect

A universal, free service for parents and carers with babies or young children (0-5 years). Volunteer Family Connect (VFC) is a community-based early intervention program

providing one-on-one emotional and practical support to parents and carers in their home.

The VFC is not a therapy or crisis support service.

Phone: 9843 0077

Email: vfc@wanslea.org.au

Web: <https://www.wanslea.org.au/programs/volunteer-family-connect>



Aboriginal mental health support services and resources

13 Yarn

13YARN is run by Aboriginal and Torres Strait Islander people. It is a free and confidential service available 24/7 from any mobile or pay phone. Aboriginal & Torres Strait Islander Crisis Supporters to yarn to.

Call 13YARN (13 92 76)
www.13yarn.org.au

[13YARN - Call 13 92 76 | 24 /7 Crisis support for Aboriginal and Torres Strait Islanders](https://www.13yarn.org.au)

BROTHER TO BROTHER

1800 435 799

The Brother to Brother crisis line provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

The line is staffed by Aboriginal men, including Elders, who have a lived experience in the issues that the line offers support for.



After Suicide support services (Postvention)

THIRILLI

Indigenous Suicide Postvention Service

The Indigenous Suicide Postvention Services supports individuals, families, and communities affected by suicide or other significant trauma.

Thirilli provide emotional and practical support to families impacted by a loss from suicide or other fatal traumatic incidents.

A Postvention Advocate can be contacted 24/7 by calling 1800 805 801.

Web thirilli.com.au



StandBy

We support anyone who has been bereaved or impacted by suicide including:

Individuals, families, friends, witnesses, schools, workplaces, community groups, first responders and service providers.

**GREAT SOUTHERN REGION
24/7 SUPPORT NEEDS**

Phone 1300 727 247

Email: standby.greatsouthern@anglicarewa.org.au

Web: standbysupport.com.au

WellMob



Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.

Web: www.wellmob.org.au

Strong Spirit Strong Mind



Culturally secure, social and emotional wellbeing information for Aboriginal people.
Web: www.strongspiritstrongmind.com.au

Loss of a Child or a Baby

Miscarriage, stillbirth, & newborn death support

Meeting bereaved parents wherever they are, physically, or emotionally, when their pregnancy has ended, or their baby has died – whether recently or many years ago. Support staff are in your local community, on the phone, or online.

Phone: 1300 308 307 - 24/7 support

Web: www.sands.org.au/

Facebook: <https://www.facebook.com/Sands.australia>



The Compassionate Friends

The Mandurah Chapter of The Compassionate Friends provides a range of support services to bereaved parents, siblings and grandparents throughout WA. We are a non-profit, non-government funded charity that provide peer support to families who have lost a child, by any cause, regardless of that child's age.

Phone: (08) 9535 7761

After Hours Phone: 0427 777 810

Email: tcfmandurah@bigpond.com

24 Hour National Helpline

1300 064 068



Red Nose Grief and Loss

Over 40 years of experience supporting grieving individuals and families, we understand what you're going through and we're here to help.

Phone: 1300 308 307

Web: <https://rednosegriefandloss.org.au/>



Stillbirth CENTRE OF RESEARCH EXCELLENCE

Online information and resources

Web: <https://carearoundloss.stillbirthcre.org.au/>



Gidget Foundation Australia



Providing information and resources to support parents who are grieving the loss of a baby.

Phone: 1300 851 758

Web: <https://www.gidgetfoundation.org.au/resources/grief-and-loss>

Where to find private mental health professionals in the Great Southern

Australian Association of Social Workers (AASW)

Find a social worker in your area

Accredited Mental Health Social Workers (AMHSWs) are recognised providers with Medicare Australia and other programs, delivering clinical social work services in mental health settings and utilising a range of evidence-based strategies.

Find a social worker in your area

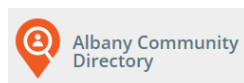
[Find a Social Worker - AASW - Australian Association of Social Workers](https://www.aasw.org.au/)



My Community Directory

My Community Directory is the one place people go to find community services and events so they can understand what's happening in their local community.

<https://www.mycommunitydirectory.com.au/>



Australian Psychological Society

Providing the public and professionals with an online search, telephone, and email referral service to help locate qualified APS psychologists in private practice in their area.

To find a private psychology service:

www.psychology.org.au/find-a-psychologist



Resources and information for clinical professionals

HealthPathways

Providing a health portal for easy access to community based health care, services and information for practitioners, clinicians, and health professionals within Western Australia.

Web: <https://wa.communityhealthpathways.org/>



Web: <https://www.wapha.org.au/health-professionals/healthpathways/>



eMHprac

eMHPrac provides a range of resources including brochures, factsheets, videos, webinars, modules, and more, including our popular [Guide to Digital Mental Health Resources](https://www.emhprac.org.au/guide-to-digital-mental-health-resources). Explore our online library to learn about digital mental health resources and how to use them.

Web: <https://www.emhprac.org.au/>

Domestic violence and sexual abuse support

Domestic violence and sexual abuse helplines

1800respect

24-hour support for people impacted by sexual assault, domestic/family violence and abuse.

Phone 1800 737 732

Web: www.1800respect.org.au

Women's Domestic Violence Helpline: 1800 007 339

Web: <https://csw.org.au/contact-us/>

Men's Domestic Violence Helpline: 1800 000 599

Web: <https://www.wa.gov.au/service/community-services/community-support/mens-domestic-violence-helpline>

Mensline Australia 1300 78 99 78

Web: <https://mensline.org.au/family-violence/>

Elder Abuse Helpline WA: 1300 724 679

Web: <https://www.wa.gov.au/government/document-collections/elder-abuse-support-services-and-resources>

Sexual Assault Referral Centre: 1800 199 888

Web: <https://www.kemh.health.wa.gov.au/Other-Services/SARC>

Anglicare Albany Women's Centre



Albany Women's Centre offers women with or without children affected by family and domestic violence a safe refuge and support services.

Phone: (08) 9845 6000

Email: awc@anglicarewa.org.au

Web: www.anglicarewa.org.au/get-help/family-and-domestic-violence/albany-women's-centre

Family Violence Prevention Service



Southern Aboriginal Corporation

Southern Aboriginal Corporation offer wrap-around service delivery using a Culturally Informed Trauma Integrated Healing Approach. Their service delivery model includes:

Family Violence Prevention Legal Service (FVPLS)

Aboriginal Community Liaison Officer – Suicide Prevention

Health Promotion Officer – Smoking and vaping cessation

Tenancy support

Housing

On-country initiatives through the Aboriginal Ranger program

Family Dispute Resolution (commencing November 2024)

The team works collaboratively with other service providers to provide Aboriginal people with culturally appropriate, accessible, free, equitable and quality services.



27 Chester Pass Road, Albany WA 6330

Phone: (08) 9842 7777

Phone (FVPLS): (08) 9842 7751

Free Phone (FVPLS): 1800 557 187

Email: reception@sacorp.com.au

Web: www.sacorp.com.au

Alcohol and Other Drugs Support Lines

A 24/7 confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Alcohol and Drug Support Line:

Country 1800 198 024

Metro 9442 5000

Parent and Family Drug Support Line:

Country 1800 653 203

Metro 9442 5050

Web: <https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service>

Financial counselling services

Mob Strong Debt Help 1800 808 488



Mob Strong Debt Help is a free nationwide legal and financial counselling service for Aboriginal and Torres Strait Islander people. Their service specialises in consumer finance (such as credit cards, pay day loans and car loans), banking, debt recovery and insurance (including car, home, life and funeral insurance).

They work with the larger team of solicitors and financial counsellors in Financial Rights Legal Centre who share the caseload.

A free nationwide legal advice and financial counselling service for Aboriginal and Torres Strait Islander people.

Phone: 1800 808 488—Mon-Fri from 9:30am to 4:30pm

Web: <https://financialrights.org.au/getting-help/mob-strong-debt-help/>

National Debt Helpline

1800 007 007



Financial counsellors offer you **free, confidential and independent advice and assistance.**

To speak to a financial counsellor you can:

Call the National Debt Helpline on 1800 007 007 – open weekdays from 9:30 am to 4:30 pm.

Use the live chat service available 9:00 am to 8.00 pm weekdays. If you send a message outside these hours a financial counsellor will get back to you.

You find the chat on website www.ndh.org.au/

National Debt Helpline - Local Albany Service: Financial Counsellor

Anglicare, 44 Collie Street, Albany, 6330, WA

Phone 08 9845 6666

Email: albany.reception1@anglicarewa.org.au



Rural West



Rural West provides a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA, who are navigating their way through difficult and turbulent financial times.

Phone: 1800 612 004

Email: enquiries@ruralwest.com.au

Web: www.ruralwest.com.au

Helping others, self help and education

Mental Health First Aid Guidelines



The MHFA guidelines provide an evidence-based framework for providing mental health first aid to someone that may be experiencing a mental health problem. The Guidelines are applicable to a range of developing mental disorders and mental health crisis situations.

Web: <https://mhfa.com.au/mental-health-first-aid-guidelines#mhfaesc>

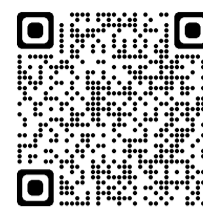


Triple P Fear-Less



Fear-Less is one of many free online parenting courses that you can access to support you to help your children to cope with challenges, break free from anxiety and become more emotionally resilient.

Web: <https://www.triplep-parenting.net.au/free-parenting-courses/fear-less-triple-p-online/>



Your Health in Mind

Expert mental health information for everyone.

This website provides expert information about mental illness, treatments, psychiatrists, and how to get help.

Web: www.yourhealthinmind.org

PHONE APP

A Friend in Need



Be the Difference.
Help a Friend in Need.

Download the app now to access information on up to 40 different life events, know how to find appropriate support services and professional helpers.

www.friendinneed.org.au

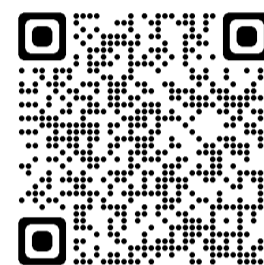


Centre for Clinical Interventions (CCI)



The [Centre for Clinical Interventions](http://www.cci.health.wa.gov.au) (CCI) has produced resources for consumers and healthcare professionals to assist in providing interventions for mental health problems such as depression, bipolar, social anxiety, panic, self-esteem, procrastination, perfectionism, and eating disorders.

<https://www.cci.health.wa.gov.au/Resources/Overview>



THIS WAY UP ↑↑



Discover step-by-step strategies for managing stress, anxiety and low mood.

A range of tailored online programs are designed to teach you proven psychological skills to transform your thoughts, feelings, and behaviours so you can make a positive change in your life.

Web: <https://thiswayup.org.au/>

ecouch



ecouch is an online, self-directed training program which provides interactive self-help and evidence-based information to help users to understand and manage symptoms associated with common mental health issues.

e-couch offers five programs: Depression, Anxiety and Worry, Social Anxiety, Divorce & Separation and Loss & Bereavement. Each program includes a comprehensive information module, as well as self-help modules with interactive exercises and workbooks which teach evidence-based strategies.

Web: www.ecouch.com.au

moodgym



moodgym is an interactive self-help program for preventing and coping with depression and anxiety. moodgym teaches self-help skills drawn from cognitive behaviour therapy.

Web: <https://www.moodgym.com.au/>

My Compass



Free online tool that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them.

Web: <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/>

Neurological support

Neurological Council of WA



Neurocare community neurological nursing and health care navigation services for people of all ages living with a neurological condition or symptoms, including Parkinson's, Huntington's, motor neurone disease, brain injury, stroke, epilepsy, dementia, pain, migraine, chronic fatigue and other brain and nervous system disorders.

Address: Albany Lotteries House
211-217 North Street, Centennial Park

Phone: 9841 5233 | Free call: 1800 645 771

Email: hello@ncwa.com.au

Web: ncwa.com.au



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