

SUPPORT SERVICES AND RESOURCES FOR PATIENTS AND CARERS

Community support is an important aspect of returning home. There are many community services that can provide support and assistance. A full directory of community services can be found at www.waamh.org.au/service-directory.aspx.

The following list provides an overview of some of the community support services available to patients and their supporters.

Following discharge from Perth Clinic your treating psychiatrist is your first point of contact in an emergency. If you are unable to contact your Doctor, please call Perth Clinic on 9481 4888 and the nursing coordinator will discuss the support options available to you. However, if you feel you need immediate assistance please present to your nearest emergency department.

EMERGENCY AND CRISIS TELEPHONE NUMBERS

Perth Clinic	9481 4888
Poisons Information Centre	13 11 26
Mental Health Emergency Response Line	
Metro	1300 555 788 9224 8888
Peel Region	1800 676 822
Life Line	
24 hr service	13 11 14
www.lifelinewa.org.au	
Samaritans Crisis Line-	
24 hr service	
Metro	9381 5555
Rural	1800 198 313
Youth	9388 2500
Family Help Line	9221 2000
24 hour service	1800 643 000
Kids Helpline (ages 5 – 25 years)	
24 hr service	1800 551 800
Men's Line Australia	
24 hr service	1300 789 978

Health Direct Australia

24 hr service 1800 022 222

Sexual Assault Resource Centre

24 hr crisis line 9340 1828
Free call country areas 1800 199 888

INFORMATION ON / ASSISTANCE WITH MENTAL HEALTH ISSUES

Centre for Clinical Interventions

www.cci.health.wa.gov.au 9227 4399

Provides information and online learning modules on various mental illnesses and coping skills.

Mental Illness Fellowship 9237 8900

www.mifwa.org.au

MIFWA is a not for profit organisation that provides information and a comprehensive range of support services such as education, counselling and respite to people with mental illness as well as their supporters.

Sane Australia - Mental Health Information Help Line

www.sane.org 1800 187 263

Provides information on mental illness, treatments, supports and how to access various services. Can be accessed by people with mental illness and their carers. Also has online forums.

COMMUNITY BASED SUPPORT FOR CONSUMERS

GROW Centre (9am-4pm)

www.grow.net.au 1800 558 268

Grow offers support groups run by experienced volunteers which focus on discussion, interactions and readings on relevant mental health issues and the road to recovery.

Headspace

www.headspace.org.au

Provides the opportunity for young people, aged 12-25, to talk to professionals who are specially trained to help deal with all health problems.

Lorikeet Centre 9237 8951
www.mifwa.org.au/index.php/ourservice/lorikeet-centre

Rehabilitation service for adults with a diagnosed mental illness. Assists with work skills, education, recreation, social support and advocacy.

Men's Regional Health 9690 2277
www.regionalmenshealth.org.au

This regional service promotes community education on men's holistic wellbeing and health. This is delivered in three ways: education sessions, interactive wellbeing and health awareness and listening tool and advocacy/ support for men's health and wellbeing.

Mental Health Law Centre 9328 8266
www.mhlcwa.org.au

Provides free specialist legal service to people with a mental illness that is causally related to their legal issue. Core services are for people who are involuntary patients in the Western Australian mental health system. Subject to resources, we provide legal help, advice, representation and/or referrals to other.

Relationships Australia 1300 364 277
www.relationshipswa.org.au

Offers counselling, mediation, and family dispute resolution, funded by the Commonwealth Government and available in each state/territory.

Richmond Wellbeing 9350 8800
(formerly Richmond Fellowship)
www.rfwa.org.au

Provides a range of outreach, accommodation and respite services.

Ruah 9485 3939

www.ruah.com.au

Services for people aged 16 years and over, living in Perth, who experience mental illness, trauma, and associated problems.

**Veterans and Veteran's Families
Counselling Service**
www.vvcs.gov.au 1800-011-046

DISORDER SPECIFIC ORGANISATIONS

Alzheimer's Australia 388 2800
Dementia Help Line 1800 100 500
www.alzheimers.org.au

Bipolar Disorder (BH) 9477 0460
(AH) 0408 202 747

Even Keel (Mon and Fri only, 9.30am-2.30pm)
www.evenkeel.org.au

Peer support groups for people diagnosed with bipolar disorder, depression, anxiety and related disorders to help them better understand their illness, explore their issues and gain better control of their lives. Library and resource centre.

Depression
Beyond Blue 1300 224 636
www.beyondblue.org.au

Beyond Blue provides information and support to people of all ages with a mental illness to help them achieve their best possible mental health. It also provides information on supporting a person with mental illness and support strategies for carers.

Eating Disorders
Women's Healthworks 9300 1566
www.womenshealthworks.org.au

Low cost counselling for women over 18 years seeking assistance for a variety of life challenges. Programs are offered for eating disorders, post natal depression and alcohol/drug use. Located in Joondalup.

Post Natal Depression
Ngala - 8.00am-8.00pm 9368 9368
www.ngala.com.au

Ngala is a provider of early parenting and early childhood services with a passion for supporting and guiding families and young children through the journey of parenting. Services are available for families with young children who work or reside in Western Australia. Online information is available to everyone.

From the Heart WA
www.fromtheheartwa.org.au 9340 1622

Services provided by From the Heart WA include support groups for women, in partnership with various community centres. These support groups are run in partnership with women's health services and parenting groups. We work collaboratively with health professionals to enhance the holistic care of mothers and families

PANDA
(Helpline 10.00am - 5.00pm) 1300 726 306
www.panda.org.au

PANDA offers the only specialist national perinatal mental health telephone information, counselling and referral service. It also offers education services to health professionals and the wider community. Helpline operates 10am – 5pm Monday to Friday.

National Breastfeeding Association
24 hr Helpline 1800 686 268

DRUG AND ALCOHOL SERVICES

Alcoholics Anonymous 9325 3566
www.aa.org.au

Alcohol and Drug Information Service (ADIS).
24 hr service 9442 5000

Cyrenian House
www.cyrenianhouse.com 9328 9200

Offers a range of residential and non-residential treatment programs for alcohol and other drugs.

Family Drug Support 1300 368 186
Offers non-religious, open meetings for family members affected by drugs and alcohol.

Holyoake 9416 4444
www.holyoake.org.au

Holyoake provides practical programs to address peoples' alcohol and drug abuse issue by offering confidential, professional counselling and rehabilitation support for a drug or alcohol addiction.

Palmerston Centre - Perth
www.palmerston.org.au 9328 7355

Services offered include alcohol and drug counselling, family support counselling service, assessment, counselling and support services for court diversion clients, group support, educational and therapeutic programs and comprehensive assessment for the Palmerston residential Therapeutic Community.

Salvation Army
Bridge House 9227 8086

The Bridge Program operates two metropolitan alcohol and other drug crisis interventions: Sobering Up Service (overnight assistance) and Withdrawal Service (Low medical model detoxification service). Both operate from Bridge House in Highgate. Also offered are a three week residential rehabilitation program, Continuing Care Programme, individual and family AOD counselling.

Teen Challenge 9246 5777
www.teenchallengewa.org.au

Teen Challenge aims to provide youth, adults and children an effective and comprehensive faith-based solution to drug and alcohol addiction as well as other life-controlling problems. Teen Challenge is committed to enabling and equipping those we serve to find freedom from addictive behaviour, to become socially and emotionally healthy, physically well and spiritually alive. Teen Challenge reaches out to people from all backgrounds.

GENDER DIVERSITY

QLife

Website: qlife.org.au

Phone: 1800 184 527 (3 pm – 12 am AEST)

Online chat (3 pm – 12 am AEST)

Phone and online chat service.

Freedom Centre – under 25's

Website: freedom.org.au

Address: 93 Brisbane St, Perth WA 6000

Phone: (08) 9228 0354

Email: info@freedom.org.au

Blog: www.fcyeah.tumblr.com

Sexual Health Quarters (SHQ)

Address: 70 Roe St, Northbridge WA 6003

Phone: (08) 9227 6177

Living Proud

Website: livingproud.org.au

Available to anyone to talk about sexuality and gender, no matter what they identify as. Their phone counsellors can also refer you to gender- and sexuality-friendly doctors, psychologists, counsellors or lawyers, and other community groups that you might wish to connect with. They also run community workshops and inclusivity training.

PFlag- support for family/ friends of sexual/gender diverse individuals

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

0404 594 699

PO Box 524 Mirrabooka WA 6941

CARERS AND FAMILIES

Carers Australia

1300 227 377

www.carersaustralia.com.au

Provides information to carers on support, respite services, government assistance and advocacy.

Helping Minds (formerly ARAFMI)

www.helpingminds.org.au

Metro

9427 7100

Rural

1800 811 747

Focuses on support and education services for children, youth, adults and families. Offers support, counselling, respite, advocacy services and information/ education materials related to mental illness.

CLAN WA – Indigo Program

www.clanwa.com.au

9477 0400

CLAN WA works alongside families to help build resilience, offering support to parents in parenting, relationships, reducing isolation or the impact of mental illness.

Multicultural Service Centre of WA

www.mscwa.com.au

9328 2699

Offering programs for immigrants and refugees including Emergency Relief Program, Mental Health Services, Multicultural Disability Services Program, Multicultural Health and Wellbeing Program, Multicultural Housing Services Program and Wellness Program.