

## *Agencies which students or the family can contact directly for support or counselling...*

A starting point which students should always consider strongly before accessing outside agencies would be to speak to their **church pastor or youth pastor**, and/or the **College chaplain**. However, some of these agencies will perhaps also be useful...

HeadSpace – 1800 650 890

<https://www.eheadspace.org.au/> and <https://www.headspace.org.au/>

From the eHeadSpace website: *eheadspace is a confidential, free and secure space where young people 12-25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone. eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation. We also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 – 25. eheadspace is part of headspace, the National Youth Mental Health Foundation. headspace offers support to young people in person through a network of 55 centres nationwide. For more information visit headspace.org.au*

Youth Focus – 6266 4333

[youthfocus.com.au](http://youthfocus.com.au)

Offer peer support, family and individual counselling

*May be able to visit the school to speak to the student. May be accessed directly by the young person at their office in Burswood (54 Goodwood Parade)*

Youth Link - 9227 4300 / 1300 362 569

[www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)

Duty Officer for referrals 12:30-4:30 (but office open all day)

Success branch: 9499 4274 (Level 2, 25 Wentworth Parade, Success)

(can accept referrals direct from relatives)

*Located in the city but may be able to visit the student at the school. May be accessed directly by the young person*

CentreCare - Cannington Branch - 9451 1100

[www.centrecare.com.au](http://www.centrecare.com.au)

9.00 am to 5.00 pm and after hours appointments available

*Charges a fee for counselling for most personal and family problems; established by the Catholic Church but operates for the whole community.*

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Anglicare Counselling – Gosnells Branch - 9263 2104

[www.anglicarewa.org.au/relationships/counselling/](http://www.anglicarewa.org.au/relationships/counselling/)

Gosnells Community Lotteries House / Suite 9, 1st Floor / 2232 Albany Highway / Gosnells

*Anglicare provides a range of services which include parent & adolescent counselling, relationship and individual counselling programs. For more details see above website. Fees are based on a sliding scale of total family income (10% of yearly household income per session). Other Anglicare offices are located around Perth – see <http://www.anglicarewa.org.au/about-us/our-operations/>*

Relationships Australia – Gosnells Branch – 1300 364 277

[www.wa.relationships.com.au](http://www.wa.relationships.com.au)

Lotteries House / 2232C Albany Highway / Gosnells

*Relationships Australia is an organisation that offers resources to couples, individuals and families to help enhance and support relationships. Metropolitan offices include West Leederville, Fremantle, Gosnells, Joondalup, Mandurah, Rockingham and Midland. See their website for further information.*

Communicare - 9251 5777

[www.communicare.org.au](http://www.communicare.org.au)

Head office: 28 Cecil Ave Cannington

*Communicare provide a range of therapeutic services and can cater to adults and for children and their families. Depending on which type of service is required, there are offices located in Perth, Cannington, Armadale, Rockingham, Mirrabooka, and Joondalup.*

Teen Challenge – 9246 5777

[www.teenchallenge.org.au](http://www.teenchallenge.org.au)

*Main area of work is drug rehabilitation – parents or students can make direct contact. This is a Christian-based organization.*

## Other telephone-based counselling and advice services

Crisis Care	(08) 9223 1111 or 1800 199 008
Lifeline	13 11 14
Family Helpline	(08) 9223 1100 or 1800 643 000
Parenting WA Line	(08) 6279 1200 or 1800 654 432
Kids Help Line	1800 55 1800
Samaritans Youth Line	(08) 9388 2500 or 1800 198 313
Women's Domestic Violence Help Line	(08) 9223 1188 or 1800 007 339
Men's Domestic Violence Help Line	(08) 9223 1199 or 1800 000 599
Mensline Australia	1300 78 99 78
Legal Aid Domestic Violence Legal Unit	(08) 9325 1111 or 1800 199 008
Sexual Assault Referral Centre	(08) 9340 1828 or 1800 199 888

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