

# Who can help with Youth Support?

## LOCAL GROUPS

<b>BOYUP BROOK COMMUNITY MENTAL HEALTH ACTION TEAM (CoMHAT)</b>	<p>Renee Knapp 0416 156 404 CWA Building, Forrest St, Boyup Brook</p> <p>Email: <a href="mailto:renee@thinkeffective.com.au">renee@thinkeffective.com.au</a></p> <p><a href="https://www.facebook.com/boyupbrookcomhat/">https://www.facebook.com/boyupbrookcomhat/</a></p>	<p>Community led approach to developing a culture that has a proactive and supportive approach to Mental Health.</p> <p>Host of weekly Youth Zone sessions at the sporting precinct dongar for Year 5+, as well as other kid's activities and events.</p>
<b>BLACKWOOD YOUTH ACTION (BYA)</b>	<p>9761 4215 24 Steere Street, Bridgetown WA 6255</p> <p>Email: <a href="mailto:bya@westnet.com.au">bya@westnet.com.au</a></p> <p><a href="https://www.facebook.com/BridgetownYouthAdvocacyGroup">https://www.facebook.com/BridgetownYouthAdvocacyGroup</a></p>	<p>Blackwood Youth Action aims to assist young people be the best they can be; to live their best lives.</p> <p>Provides assistance with mental health services, recreational activities, group work, family mediation, counselling, training and employment services, youth events and lots more.</p>

## SUPPORT AGENCIES

<b>BEYOND BLUE</b>	<p>1300 224 636</p> <p><a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a></p>	<p>Help young people to understand and look after their mental health and the mental health of the people they interact with, and to respond to anxiety and depression.</p>
<b>CAMHS EMERGENCY TELEHEALTH SERVICE (Child and Adolescent Mental Health Service)</b>	<p>1800 048 636</p> <p><a href="https://www.cahs.health.wa.gov.au/Our-services/Mental-Health/CAMHS-Crisis-Connect">https://www.cahs.health.wa.gov.au/Our-services/Mental-Health/CAMHS-Crisis-Connect</a></p>	<p>Provides phone and online video call support for children and young people who are experiencing a mental health crisis, as well as support and advice to families and carers.</p>
<b>HEADSPACE / EHEADSPACE</b>	<p>9208 9555 8 Spencer St, Bunbury WA 6230</p> <p><a href="http://www.headspace.org.au">www.headspace.org.au</a></p>	<p>Supports 12 – 25 year olds, with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. Focus on early intervention, provide support to young people at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.</p>

	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>	eheadspace provides free online and telephone support and counselling to 12 – 25s and their families and friends.
<b>KIDS HELPLINE – 24 HRS</b>	1800 55 1800 <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a> <b>LIVE CHAT:</b> <a href="http://www.kidshelpline.com.au/get-help/webchat-counselling">www.kidshelpline.com.au/get-help/webchat-counselling</a>	Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available anytime and for any reason.
<b>LIFELINE – 24 HRS</b>	13 11 44 <a href="http://www.lifelinewa.org.au">www.lifelinewa.org.au</a> <b>LIVE CHAT:</b> <a href="http://www.lifeline.org.au/crisis-chat">www.lifeline.org.au/crisis-chat</a>	Lifeline WA provides those experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services. The 13 11 14 service is a nationally-routed crisis support number, available every day of the year, from any location in Australia, to anyone - regardless of age, gender, ethnicity, religion or sexual orientation.
<b>REACH OUT</b>	<a href="http://www.au.reachout.com">www.au.reachout.com</a>	Designed with – and specifically for – young people, ReachOut is 100% online, anonymous and confidential, and lets young people connect on their terms. From one-to-one peer support and moderated online communities, to tips, stories and resources, ReachOut offers a wide range of support options that allow young people to engage in the ways they want to, when they want to.
<b>YOUTH FOCUS</b>	6266 4333 Email: <a href="mailto:hello@youthfocus.com.au">hello@youthfocus.com.au</a> <a href="http://www.youthfocus.com.au">www.youthfocus.com.au</a>	Free face-to-face counselling that is confidential, doesn't require a formal referral and is available across Western Australia from six offices, via web counselling or within a number of schools and outreach locations. Ages 12-25.

*If any details on this listing need to be updated, or others included, please call 9765 1169 or email [crc@boyupbrook.org](mailto:crc@boyupbrook.org)*