



MENTAL HEALTH SUPPORT

COCKBURN, FREMANTLE,
& MELVILLE

RESOURCE BACKGROUND

This mental health support resource is for people living in the areas of Cockburn, Fremantle, and Melville. This resource provides information on services in one location for individuals and families or people supporting others. Almost all services on the resource are free and do not need referrals or mental health care plans. These services may complement your GPs advice or any other mental health services you or someone you know is waiting to access.

HOW TO ACCESS THE RESOURCE

Text Message

1. Text the word [Wellbeing4Me](#) to 0488 884 151.
2. You will receive a link to the app and resource via text.
3. Tap on the link to access.
4. If you don't already have the Access My Community app, you will be directed to your application app e.g. Google Play or App Store.
5. Once the Access My Community app is downloaded, open the app to see the resource, Mental Health Support: Cockburn, Fremantle and Melville.

QR Code

1. Open a QR reading app from your phone or for newer phones open the camera.
2. Scan the QR code below.
3. If you don't already have the Access My Community app, you will be directed to your application app e.g. Google Play or App Store.
4. Download the app and resource by tapping on the link.



For more information or to provide
feedback on the resource, please email
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