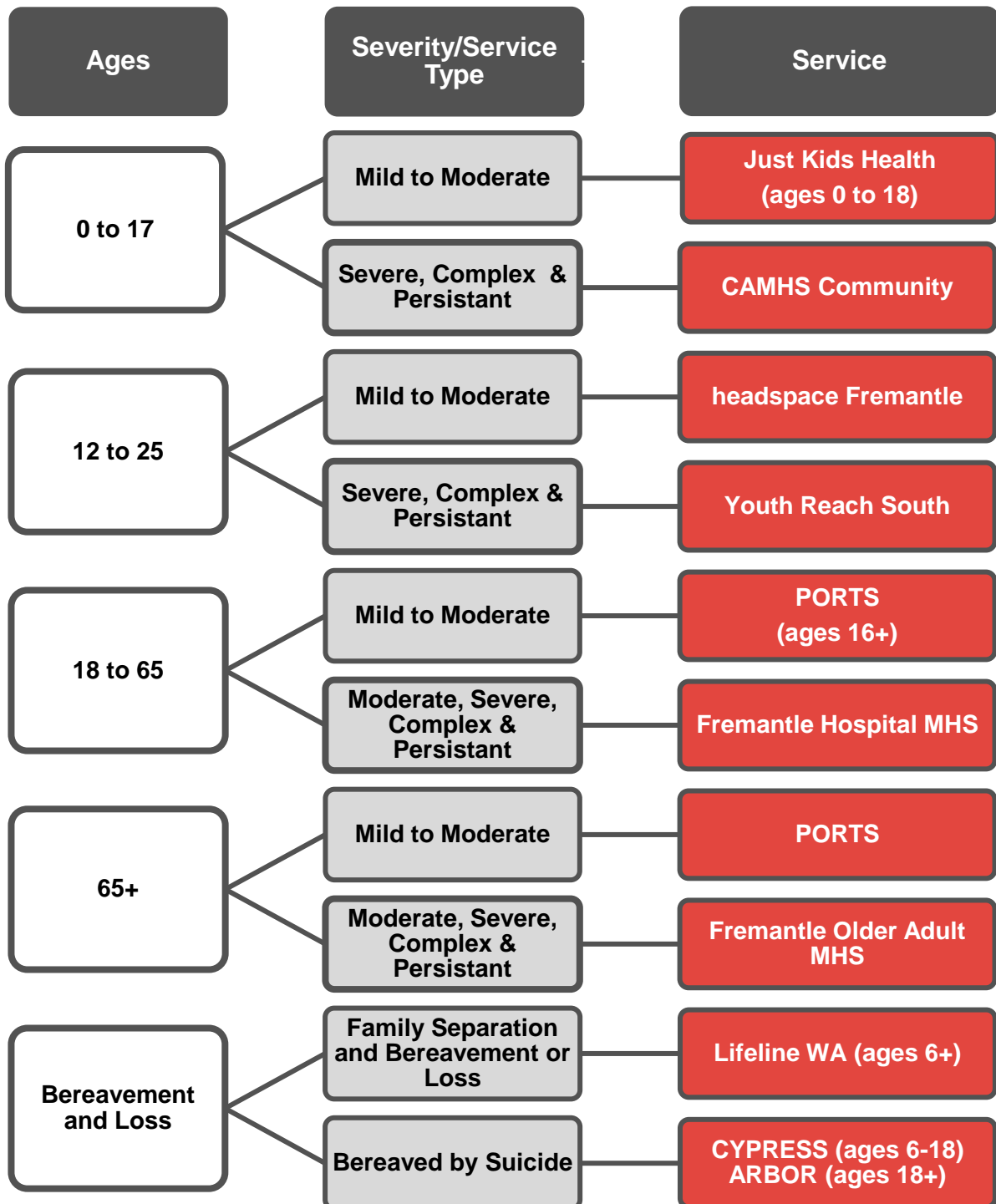


# Local Referral Pathways for Depression, Anxiety & Bereavement Non-Crisis Mental Health Services

For Residents of Cockburn, Fremantle and Melville



Service Name	Description	Location	Contact	Referral Method
<b>ARBOR</b>	<a href="#">ARBOR</a> is a free service offering short-medium term grief counselling, practical and emotional support, appropriate referral support, lived-experience peer support, and support groups to people recently impacted by losing loved ones to suicide.	Perth Metro & Outreach	P: 1300 11 44 46 E: <a href="mailto:info@anglicarewa.org.au">info@anglicarewa.org.au</a>	Email <a href="#">referral form</a>
<b>CAMHS</b> Community Service	<a href="#">Community CAMHS</a> provides assessment, case coordination and multidisciplinary treatment services for children and young people experiencing mental health challenges.	Fremantle	P: 08 9435 9700 E: <a href="mailto:fremantlecams@health.wa.gov.au">fremantlecams@health.wa.gov.au</a>	Email <a href="#">referral form</a>
<b>CYPRESS</b>	<a href="#">CYPRESS</a> is a free long-term support service for children and young people who have been bereaved by suicide. Outreach, counselling, support groups and more is offered.	Perth Metro & Outreach	P: 1300 11 44 46 E: <a href="mailto:info@anglicarewa.org.au">info@anglicarewa.org.au</a>	Telephone or email <a href="#">referral form</a>
<b>Fremantle Hospital MHS</b>	The <a href="#">Fremantle Hospital Mental Health Service</a> provides recovery focused mental health services. It works in partnership with consumers and their carers, acknowledging that each individual is an expert in their own recovery.	Fremantle Hospital	P: 08 9431 3555 F: 08 9431 3479	Fax <a href="#">referral form</a>
<b>Fremantle Older Adult MHS</b>	<a href="#">Fremantle Older Adult Mental Health Service</a> is a specialist service providing assessment for adults over the age of 65 and who have a mental health disorder that may be complicated by the physical conditions of aging.	Fremantle Hospital	P: 08 9431 3600 F: 08 9431 3619	Fax <a href="#">check list</a> and <a href="#">referral form</a> .
<b>headspace Fremantle</b>	<a href="#">headspace</a> the National Mental Health Foundation provides early intervention counselling and support to young people from qualified professionals. Services include mental health, drug & alcohol services, sexual health, and work and study.	Fremantle	P: 08 9431 7453 F: 08 6210 1152 E: <a href="mailto:info@headspacefreo.com.au">info@headspacefreo.com.au</a>	Fax or email <a href="#">referral form</a>
<b>Just Kids Health</b>	<a href="#">Just Kids Health</a> are Children's Nurse Practitioners who treat babies to teens and support their families with health issues, behaviour concerns, anxiety, low mood, loss of wellbeing. Screen, assess, support, treat, refer as needed.	Success, Cockburn	P: 08 6243 1711 E: <a href="mailto:info@justkidshealth.com.au">info@justkidshealth.com.au</a>	Referral ideal but not required, by phone or email.
<b>PORTS</b>	<a href="#">PORTS</a> offers expert assessment and treatment for WA residents with mild to moderate symptoms of anxiety, depression, or substance use problem. Telephone and online treatment with registered mental health professionals.	Telephone & online	P: 1800 176 787 F: 02 9475 0249 E: <a href="mailto:contact@ports.org.au">contact@ports.org.au</a>	Online as PORTs user. Phone or fax <a href="#">referral form</a> .
<b>Lifeline WA</b> Counselling and Support	<a href="#">Lifeline WA</a> provides counselling and support for families, children, young people, and individuals affected before, during, or after separation, bereavement, or loss. Counsellors are highly experienced and trained professionals.	Northbridge	P: 08 9261 4444 E: <a href="mailto:reception@lifelinewa.org.au">reception@lifelinewa.org.au</a>	No referral required
<b>Youth Reach South</b>	<a href="#">Youth Reach South</a> is a specialist mental health service providing counselling, therapy, and case management to young people with serious mental health problems and barriers for accessing mainstream services.	Success, Cockburn	P: 1300 362 569 F: (08) 9287 5762 E: <a href="mailto:youthmhtriage@health.wa.gov.au">youthmhtriage@health.wa.gov.au</a>	Phone, fax or email <a href="#">referral form</a>



For more information on how to refer into these services and others, please [see website](#) [wa.communityhealthpathways.org](http://wa.communityhealthpathways.org)