



Mental Health and Wellbeing Support

For school
communities

COCKBURN

FREMANTLE

MELVILLE

Imagined
Futures



Crisis Support

Emergency

If you or another person is in immediate risk of harm or in an emergency, dial 000.

Lifeline

24/7 support for all ages living in Australia.

 13 11 14 

Suicide Call Back Service

24/7 counselling and support for people affected by suicide.

 1300 659 467

Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.

 1800 551 800

Children & Adolescent Mental Health Service Crisis Connect

24/7 support for young people aged 17 years and under and their families/carers, health professionals, and teachers.

 1800 551 800

Mental Health Resource

This mental health resource is for the general community and can be downloaded to your phone via the My Community App. To access the resource link and App:



Or text the word Wellbeing4Me to  0488 884 151

Support for Young People

COUNSELLING

headspace Fremantle

Free counselling support service for young people aged 12-25, for mild to moderate mental health cases.

☎ [08 9431 3600](tel:0894313600)

✉ info@headspacefreo.com.au

Lifeline

Counselling and support for families and individuals. No referral required.

☎ [08 9261 4444](tel:0892614444)

✉ reception@lifelinewa.org.au

Youth Focus

Free face-to-face, web based counselling for young people aged 12 to 25 who may be experiencing mental health challenges.

☎ [6266 4333](tel:62664333)

✉ duty.officer@youthfocus.com.au

WELLNESS

City of Cockburn

Cockburn Youth Centre and Youth Support services provides free and low cost activities for young people aged 10-24. Youth workers provide a personalised support for young people dealing with various issues.

☎ [08 9411 3888](tel:0894113888)

✉ youth@cockburn.wa.gov.au

City of Fremantle

A range of events & activities for young people aged 12-25.

☎ [08 9432 9777](tel:0894329777)

[Visit Online](#)

City of Melville

Willagee Library and Community Centre

Youth Drop In Program.

☎ [08 9364 0125](tel:0893640125)

Blue Gum Community Centre

Youth Drop In - afterschool basketball program for ages 12-25.

☎ [08 9364 0148](tel:0893640148)

Support for Schools

TRAINING

Mental Health and Wellbeing Training

Provides mental health and wellbeing training to support young people, parenting programs and professional development for staff.

✉ romy@rdpenterprisesolutions.com.au

[Visit Online](#)

headspace Fremantle

Interactive, strengths-based workshops to increase awareness, knowledge and skills in mental health literacy, accessing support and improving wellbeing. Suitable for ages 12-25 years.

✉ MHEP@headspace.org.au

Youth Focus - Mental Notes

Delivers free mental health training for secondary schools in WA to support the mental health of young people. Three training streams - students, parents/carers and teachers.

☎ [08 6266 4333](tel:0862664333)

✉ reception@youthfocus.com.au

Standby Support after Suicide

Resources and workshops on supporting children and young people impacted by suicide.

☎ [1300 727 247](tel:1300727247)

[Visit Online](#)

Wanslea SKIPS

Supporting Kids in Primary Schools (SKIPS) programs is designed to increase understanding of the impact of mental illness on families. Program includes sessions for Students, staff and parents/carers.

☎ [08 9245 2441](tel:0892452441)

[Visit Online](#)

Support for Families

REFERRAL SERVICES

Fremantle and Rockingham

Family Support Network

Links families into a range of support services.

 [1300 951 190](tel:1300951190)

COUNSELLING

Cockburn Parenting Service

Free service for families with children aged 0-18 years in the City of Cockburn. providing practical advice on children's development, parent education and information, emotional support and strategies to assist those in a parenting role.

 [08 9411 3855](tel:0894113855)

360 Health + Community - Alive Program

Helping Individuals at risk of suicide, 17+ years of age work through feelings of suicide or self harm through free intensive counselling and support..

 [1300 706 922](tel:1300706922)

 info@360.org.au

Meerilinga Parenting Services

Supports mums, dads, new parents, single parents, and caregivers to increase their capacity in developing parenting skills, accessing resources and building on a support network.

 [08 9331 2211](tel:0893312211)

 [Visit Online](#)

FINANCIAL SUPPORT

Financial Wellbeing Collective

Provides connection to free financial counselling services if you are having trouble paying bills and need someone to advocate and support you.

 [1300 932 050](tel:1300932050)

 [Visit Online](#)

Online Support

YOUNG PEOPLE

eheadspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.

[Visit Online](#)

RightByYou - by Neami National

A mental health resource for friends of young people at risk aged 12-25 years.

[Visit Online](#)

Orygen #chatsafe guidelines

Guide for young people aged 12-25 years on how to have online conversations about suicide and self-harm.

[Visit Online](#)

PARENTS & CARERS

Neami National

Guide for parents - supporting your child's mental health.

[Visit Online](#)

Orygen - Resources

Coping with self-harm: a guide for parents and carers.

[Visit Online](#)

ReachOut

Provides a free coaching services for parents and carers to support teens through a tough time. Up to four 1-1 sessions available online with an individual coach.

[Visit Online](#)

Online Support

SCHOOLS

Be You Suicide Prevention & Response

Clear, practical guidance and support for secondary schools in suicide prevention and response.

[Visit Online](#)

Orygen

Implementing school-based mental health programs in secondary schools.

[Visit Online](#)

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For more information on resources visit:

imaginedfutures.org.au/resources

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