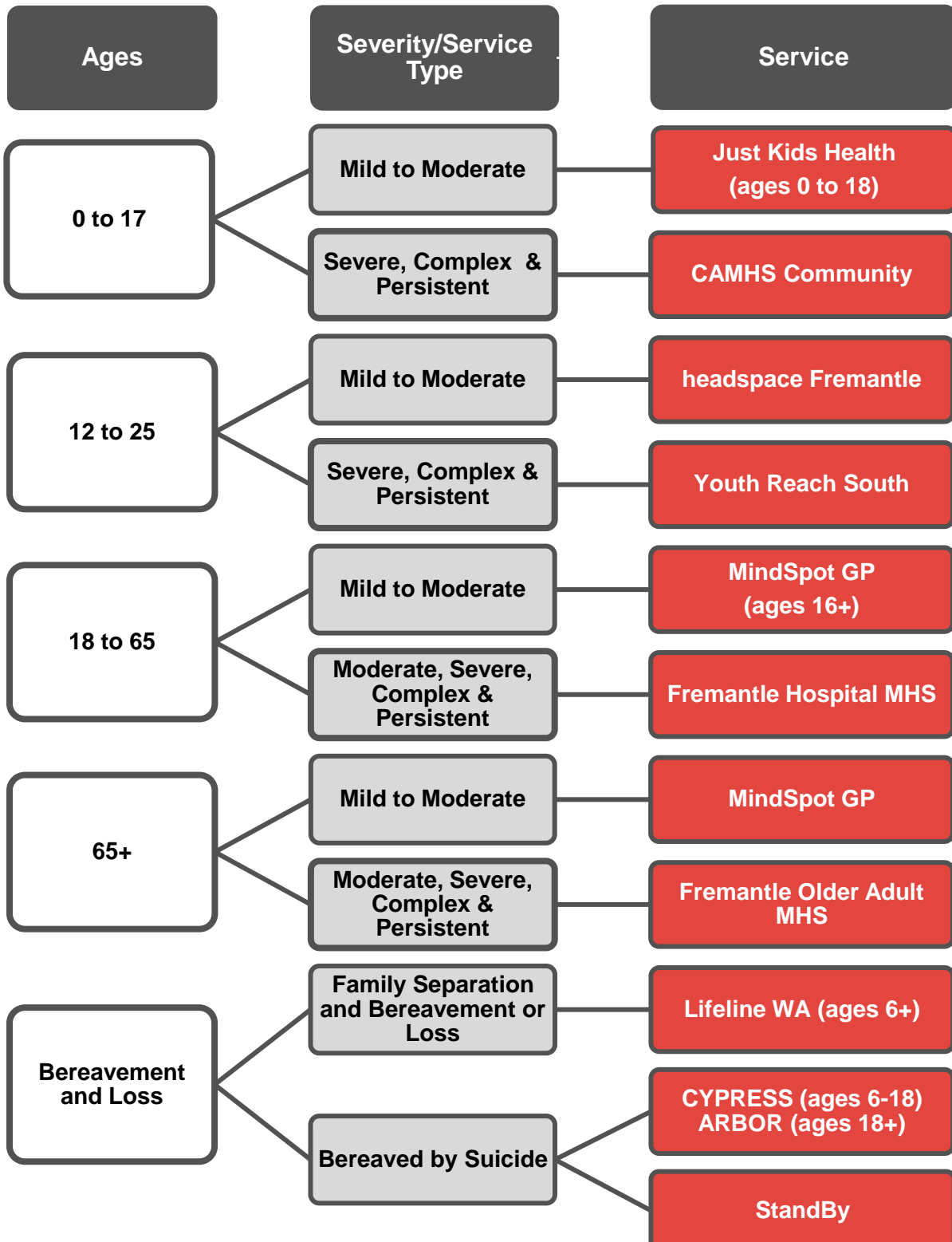


# Local Referral Pathways for Depression, Anxiety & Bereavement Non-Crisis Mental Health Services

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	1300 114 446 <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	08 9435 9700 <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	1300 114 446 <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	08 9431 3555 Fax: 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	08 9431 3333 Fax: 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	08 9431 7453 Fax: 08 6210 1152 <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	08 6243 1711 <a href="mailto:info@justkidshealth.com.au">info@justkidshealth.com.au</a>	No referral required
<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	08 9261 4444 <a href="mailto:reception@lifelinewa.org.au">reception@lifelinewa.org.au</a>	No referral required
<b>MindSpot GP</b>	<a href="#">MindSpot GP</a> provides your patients with free, clinically validated online and telephone-based assessment and treatment for anxiety, depression, OCD, PTSD, substance use, and coping with chronic pain and chronic health conditions.	Telephone & online	1800 614 434 <a href="mailto:contact@mindspot.org.au">contact@mindspot.org.au</a>	Online <a href="#">referral form</a>
<b>StandBy</b>	<a href="#">StandBy</a> is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life providing free face-to face and/or telephone support 24 hours a day, seven days a week.	Telephone & Face-to-face	1300 727 247	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	1300 362 569 <a href="mailto:youthmhtriage@health.wa.gov.au">youthmhtriage@health.wa.gov.au</a>	Phone or email <a href="#">referral form</a>