

WHEAT-BELT REGION SUPPORT SERVICES

Relationships Australia (Western Australia) compiled the following list of support services as part of the "Services to the Wheatbelt Program".

COUNSELLING SERVICES

Agcare Family Counsellors

Agcare family counsellors provide free and confidential advice.

Email: wheatbeltfamily@wn.com.au

Central Agcare
Ph: 9889 1244

Kondinin, Bruce Rock and surrounding areas.
Ph: 9061 1840

Wheatbelt Agcare
Ph: 9046 5091

Avon Youth Service

Counselling Services for youth (aged 12-18) and families in the Avon Valley. Provides group work programs in self-esteem, peer pressure, substance abuse, leadership, interpersonal skills, safe sex, anger management and team building.

123 Fitzgerald Street
Northam
Ph: 9622 2612
Monday - Friday 9.00am-5.00pm

Bindoon Youth Inc.

Activity service for Chittering area including movie nights, disco's etc, counselling services & information services in the area for youth regarding education, employment opportunities and activities.

6181 Great Northern Hwy
Bindoon WA 6502
Ph: 9576 0430/ 9576 2161
Mondays 3pm (times vary)
Cost \$5

Child & Adolescent Mental Health Services (CAMHS)

CAMHS is a specialist mental health service for children and young people up to the age of 18 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance.

Wheatbelt Mental Health Service
10/210 Fitzgerald Street
PO Box 833
Northam WA 6401
Ph: 9621 0999
Fax: 9622 2734

Narrogin Mental Health Unit
Community Health Centre
Williams Road
PO Box 339
Narrogin WA 6312
Ph: 9881 4888
Fax: 9881 1307

Wheatbelt Support Services

Team of mobile counsellors living in the Wheatbelt community providing relationship & generic counselling, education and personal support to individuals, couples and families throughout the Wheatbelt region to assist them to cope with stressful and emotional situations. G.P. referral or self-referral

4 Prince St
Northam WA 6401
Ph: 9622 5539
Monday - Friday 8.00am-4.30pm

Wheatbelt Counselling Service

100 Wellington St
Northam WA 6401
Ph: 9621 1530

TELEPHONE COUNSELLING/HELP LINES

Mental Health Direct

Statewide assessments and referral information available 24 hours a day, 7days a week. Can advise callers on whom to contact in relation to mental health concerns.

Ph: 1800 220 400

Crisis Care

Crisis Care is a free telephone information and counselling service for people in crisis needing urgent help. Provides help when you need someone to help sort out a serious problem or:

- You are concerned about the wellbeing of a child
- You are escaping domestic violence and need help

- Arguments are causing unhappiness and problems in your family
- You are alone or afraid and urgently need to talk to someone
- You are homeless
- You need counselling, information or other support

Ph: 1800 199 008 (Country)

Family Helpline

The Family Helpline is a free confidential telephone counselling and information service for families with relationship difficulties. It operates 24 hours a day, 7 days a week. Being in a family affects everything we do and good family relationships are important. But there are times when all kinds of circumstances can create conflict and problems. Fortunately there is help available if you need it. You don't have to face your problems alone.

Phone the Family Helpline when:

- You want counselling or information
- You need someone to turn to
- People in your family could get on better
- You want to stop taking things out on others in your family
- You don't want people in your family to hurt each other
- You are worried about someone you know.

A professional counsellor will listen and talk calmly with you. They will offer suggestions about positive things you can do to help yourself or someone else and suggest places which can also help.

Ph: 1800 643 000 / 9223 1100

Kids Help Line

Kids Help Line is Australia's only free, confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between 5 - 18.

Ph: 1800 55 1800

Website: www.kidshelp.com.au

Lifeline

Lifeline handles a comprehensive range of counselling themes but each centre may deliver specific services based on the needs of its local community. Prominent service themes include:

- Relationship and family issues
- Mental health concerns (e.g. anxiety, depression, Attention Deficit Hyperactivity Disorder etc.)
- Coping with loss, change and traumatic experiences
- Dealing with violence and abuse or addictive behaviours

- Disability and illness
- Suicide prevention and support

Ph: 13 11 14

Website: www.lifeline.org.au

Mercy Reconnect

Mercy Reconnect is a free & confidential support service providing assistance to young people (12-18 yrs) and their families who are having difficulties staying at home, or who have recently become homeless because of family issues. Mercy Reconnect works with young people, their parents /guardians and families. Support is provided through individual and /or family phone counselling, mediation, information, education, advocacy and referral.

Ph: 1800 800 046

Parent Drug Information Service

The Parent Drug Information Service (PDIS) is a 24-hour, confidential telephone service for parents and families in Western Australia.

Ph: 1800 653 203

Website:

<http://www.dao.health.wa.gov.au/Default.aspx?tabid=70>

Parenting Line

The Parenting Line is a free telephone service providing information and advice for people caring for children up to 18 years of age.

Telephone the Parenting Line when you have questions about any aspect of parenting and want some information or guidance. You may want to know things such as:

- What is 'normal' behaviour for my child?
- Why do teenagers want so much freedom?
- Who do I call when I need a break?
- How do I help my child avoid drugs?
- What help is there for children with special needs?
- How can I help my child control their behaviour?

The trained staff are parents themselves. They understand the task of parenting and can talk with you about any questions you have, big or small. They can also put you in touch with other places which can help. Anyone can call - parents, grandparents, other family members, friends, and people taking care of children or those wanting to help someone who is in a parenting role.

Ph: 9272 1466 / 132 055

Freecall: 1800 654 432

TTY: 9271 3252

(Can be accessed through the Telephone Interpreter Service)

9 - 4.30pm Monday to Saturday

Salvation Army Care Line

24 hour Crisis Counselling Service providing a listening ear for people experiencing a crisis, enabling them to gain access to a network of community services including:

- Referral to emergency accommodation
- Food and welfare referral
- Telephone counselling
- Information and referral for other material needs.

Ph: (08) 9227 8655

Samaritans Crisis Youthline

Counselling service for young people who are lonely, despairing, suicidal and requiring support.

Ph: 1800 198 313 / 9388 2500

WEBSITES

Reach Out!

Reach Out! is a web-based service that inspires young people to help themselves through tough times. The aim of the service is to improve young people's mental health and well being by providing support information and referrals in a format that appeals to young people. Reach Out! is an initiative of the Inspire Foundation (www.inspire.org.au). The mission of the Inspire Foundation is to create opportunities for young people to help themselves and help others.

Website: www.reachout.com.au

Child and Youth Health

Online resource with the latest tips on parenting, child and youth health

Website: www.cyh.com/

Family and Community Services

Website from the Department for Community Development providing up to date information, services and resources

Website: www.community.wa.gov.au/

ParentLink

A parenting website from the ACT Government. Includes useful parenting tips

Website: www.parentlink.act.gov.au/

Parenting SA

A parenting website from the South Australian Government. Includes useful parenting tips and information.

Website: www.parenting.sa.gov.au/

Kids Help Line

The Kids Help Line is a national 24-hour telephone counselling service for children and young people in Australia (Free call 1800 55 1800).

Website: www.kidshelp.com.au

Lifeline

Lifeline is a 24-hour telephone counselling service.

Website: www.lifeline.org.au

Relationships Australia

Relationships Australia is an organisation that offers resources to couples, individuals and families to help enhance and support relationships.

Website: www.relationships.com.au/

Parent Drug Information Service

The Parent Drug Information Service (PDIS) is a 24-hour, confidential telephone service for parents and families in Western Australia.

Website: www.dao.health.wa.gov.au/Default.aspx?tabid=70

Family Drug Support

Provides help and support for families around drug issues. (Ph: 1300 422 599)

Website: www.fds.org.au

DepressioNet

Information, help and support for people who have depression or are depressed. DepressioNet provides a comprehensive online resource for people living with depression, and their families and friends.

Website: www.depressioNet.com.au

Easing the Teasing

A website designed for parents and teachers who want to help their children and students to be able to effectively deal with teasing.

Website: www.easingtheteasing.com

Moms over Miles

American Website designed to help mothers who are separated by distance to maintain and strengthen the relationships they have with their children while they are away.

Website: www.fambooks.com/moms.htm