

Crisis Situations

- MHERL - Mental Health Emergency Response Line
Metro: 1300 555 788
- Crisis Care 9223 1111
- Health Direct FREECALL 1800 022 222
Confidential Medical Advice

Phone Counselling / Advice

- Kids Help Line 1800 55 1800
Confidential phone counselling, 24hours (5-18years)
Web chat / email at: www.kidshelp.com.au
- Lifeline 13 11 14
Confidential phone counselling, 24hours (all ages)
- Samaritan Youthline 1800 198 313
Confidential phone listening, 24hours (up to 19 years)

Mental Health Support Services

- YouthLink 1300 362 569
Counselling and psychotherapy (13-24 years)
223 James Street, Northbridge
- Youth Reach (South Metro) 1300 362 569
Counselling and psychotherapy (13-24years)
3 Hamilton Court, Gosnells
- Youth Focus 6266 4333
Counselling, Education, Peer Support (12-18years)
- RUAH Inreach 9485 3939
Mobile, personal support service to the home (16+ years)
27 Cleaver Street, West Perth
- Bentley Family Clinic 9334 3900
Way Centre, Mills Street, Bentley
- Richmond Wellbeing 9350 8800
29 Manning Road, Cannington
- Helping Minds 9427 7100
Freecall 1800 811 747
Rehabilitation and accommodation (18+ years)
www.helpingminds.org.au
182-188 Lord Street (corner of Edward Street),
Perth, Employment and support service (15 +)
- Personal Support Program
Ph /Contact: Local Centrelink office
Non-vocational rehabilitation program

Clinical Support

- Princess Margaret Hospital 9340 8222
Primary diagnosis (6 -16 years)
www.pmh.health.wa.gov.au
Roberts Road, Subiaco
- Graylands 9347 6600
Inpatient services to youth with mental health problems.
Brockway Road, Mt Claremont
- Bentley Adolescent Mental Health Service
Mills Street, Bentley 9334 3900
- Child & Adolescent Mental Health Service (CAMHS)
Specialist assessment, treatment & service to children, adolescents and their families experiencing severe emotional, psychological, behavioural, social & or mental health problems (0-18 years)
 - > Armadale 9391 2455
Ecko Road, Armadale
 - > Clarkson 9304 6200
77 Renshaw Boulevard, Clarkson
 - > Fremantle 9435 9700
1 Stirling Street, Fremantle
 - > Hillarys 9403 1999
32 Endeavour Road, Hillarys
 - > Peel 9531 8080
110 Lakes Road, Mandurah
 - > Rockingham 9528 0555
U5/6 Ameer Street, Rockingham
 - > Shenton Park 9381 7055
231 Stubbs Terrace, Shenton Park
 - > Swan Valley/Kalamunda 9250 5777
14 Sayer Street, Midland
 - > Warwick 9448 5544
316 Erindale Road, Warwick



Street Connect

MENTAL HEALTH AND COUNSELLING

Contains information on:

- Counselling - Single & Groups
- Information & Referral
- Mental Health Support Services

Contact Street Connect:

0418 942 475 / 9325 7033

Anglicare WA Youth Services
23 Adelaide Tce, East Perth

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What is Mental Illness?

Mental illness is a general term for a group of illnesses.

A mental illness can be mild or severe, temporary or prolonged, most can be treated. Mental illness can come and go in episodes through a person's life. Some experience their illness only once and fully recover. For others, it is extended and recurring. About one in five Australian adults will be affected by mental illness at some time in their life.

The Symptoms of Mental Illness

A person with a mental illness may experience psychotic symptoms or mood disturbances.

Psychotic Symptoms

These symptoms can include:

- > losing touch with reality
- > thoughts and feelings that are difficult to understand, such as false beliefs of persecution or guilt
- > hallucinations, such as seeing, hearing, tasting, smelling or feeling things that are not there
- > odd or disturbed behaviours

Mood Disturbances

These symptoms can include:

- > overwhelming feelings of sadness, depression, anxiety and fear
- > inability to sleep
- > changes in appetite
- > increased use of drugs and alcohol
- > changes in behaviour

Types of Help Available

Different illnesses need different treatments. Most people can control their mental illness with medication, counselling or both, and live rewarding lives.

Exact causes are unknown

Research shows that a combination of existing factors and triggers can cause a mental health problem to develop. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness or lack of character.

Some of the existing factors that may contribute to a mental illness include: family history, chemical imbalance or hormonal changes.

Potential triggers include: trauma, stress, drugs and alcohol, and other environmental factors.

Compassion and Understanding Helps Recovery

People can sometimes react with embarrassment, rejection and abuse when they do not understand unusual behaviour. This can be a big hurdle for people with mental illnesses as they try to recover. They can sometimes face isolation and discrimination from family, friends, employers and neighbours. Sometimes they will hide their illness in shame.

If you suffer from a mental illness it is important to share your condition with trusted professionals, family and friends. It is important that you get the support and compassion you need.

Most People with a Mental Illness Recover Well

Provided they receive appropriate ongoing support and treatment, most people with a mental illness recover well and are able to lead fulfilling lives in the community.

Legal Support

- Mental Health Law Centre 9328 8012
96-98 Parry Street, Perth
Provides legal advice and representation to involuntary patients in the mental health system (all ages)
www.mhlcwa.org.au
33 Brisbane Street, Perth
- Youth Legal Service 9202 1688
138 Murray Street, Perth
Legal representation and consultation (12-25 years)
www.youthlegalserviceinc.com.au
- DVAS- Womens Health & Family Service 6330 5400
227 Newcastle Street, Northbridge
Domestic Violence Advocacy and Supports

Services — General

- Centre Care 9325 6644
456 Hay Street, Perth
www.centrecare.com.au
- LYNKS 9328 3221
60A Frame Court, Leederville
Range of counselling services 115-25 years)
www.hq.org.au

Counselling Services / Specific Issues

- SARC—Sexual Assault/Abuse Referral Centre
24 hour Crisis Line 9340 1828
<http://kemh.health.wa.gov.au/services/sarc/>
- Living Proud GLBTI Community Services
General information number 94869855
Telephone counselling, information and referral line 1800 184 527 5:30pm-10:30pm
Livingproud.org.au
- Womens Health and Family Service- Domestic Violence Advocacy Service 9328 1200
Outside Perth Metro 1800 998 399
227 Newcastle Street, Northbridge