

Youth Support Guide

Young people already face many changes and COVID-19 adds another twist on this already challenging time.










































This Guide aims to help our young people get support when they need it. We hope the following information, contacts and online links will make getting the assistance you need as easy as possible.

The City of Mandurah's Youth Development Team are available on 9550 3670 or by email at youth@mandurah.wa.gov.au or via their [Facebook Page](#).

Please feel free to contact the team if you or a young person you know needs more guidance, support or information.

There are many people out there ready and willing to give a helping hand if you or your family needs help. We are all adapting to new challenges and together, we will rise above these and become stronger individually and as a community.

Services available to Mandurah Youth

| Service | Contact | Description | Category |
|--|--|--|---|
| Allambee | (08) 9535 8263 allambee.org.au | Support and Counselling. |   |
| Anglicare | (08) 9537 5603 anglicarewa.org.au | Community Support through difficult situations. |   |
| APM | (08) 9535 5139 | Help to find meaningful employment. |  |
| atWork Australia | 1300 656 358 | Builds Job-readiness and support through interviews into employment. |  |
| Calvary Youth Services Mandurah | (08) 9581 1741 calvary-mandurah.org | Crisis accommodation for 15-25 year old's who are homeless or at risk of homelessness. |  |
| Centrelink | 1300 169 468 servicesaustralia.gov.au | Health, social and welfare payments and services. |   |
| Child and Adolescent Mental Health Service | (08) 6559 5100 | Free assessment and treatment of young people up to 18, supporting their mental health and emotional wellbeing. |  |
| Department of Communities Housing | (08) 9583 6100 housing.wa.gov.au | Provides public housing, community housing, bond assistance, Keystart Home Loans and property sales. |   |
| Finucare | (08) 9581 1281 finucare.org.au | Providing financial counselling, advocacy and financial outreach services. |  |
| Food Bank | (08) 9581 9200 foodbank.org.au | Food relief. |  |
| headspace (12-25) | (08) 9544 5900 headspace.org.au | Tailored and holistic mental health support to 12 - 25 year olds. |  |
| Helping Minds | (08) 9427 7100 helpingminds.org.au | Supporting Mental Health Issues For Families, Young People & Adults. |   |
| Homestead for Youth | 0449 939 597 homesteadforyouth.org | Safe refuge and support through recovery programs and counselling for youth and their families. |    |
| Mission Australia (Reconnect Peel) (12 – 18) | (08) 9531 9400 missionaustralia.com.au | Supporting young people aged 12 – 18 who are at risk, living in Peel. |    |
| Nidjalla Waangan Mia | (08) 9586 4580 gpdownsouth.com.au | Services for Aboriginal and Torres Strait Islander people's including nurse lead GP clinic, dental, outreach and lifestyle programs. |  |
| Passages | (08) 9583 5160 passages.org.au | Providing support, practical needs and referrals to Young people aged 12 to 25 in Peel. |    |
| Peel Community Legal | 95814511 peelcls.com.au | Legal advice, credit and debt help. |  |
| Peel Youth Medical Service | (08) 9583 5435 | Confidential health services in a safe non-judgemental environment with a focus on young people, aged 12 -25. |  |
| Peel Youth Services | (08) 9581 3365 pys.org.au | FREE mentoring, counselling, advice and advocacy for young people aged 12-25. |   |
| Relationships Australia | (08) 6164 0570 or 1300 364 277 relationshipsaustralia.org.au | Support services for individuals, families and communities. |   |
| Salvation Army | (08) 9535 4951 salvationarmy.org.au | Emergency relief with a wide variety of resources. |   |
| Vinnies | (08) 9535 9035 vinnies.org.au | Provide Emergency Relief assistance with food, finances and support. |    |
| West Aus Crisis and Welfare Centre | (08) 9582 9920 westauscrisis.org.au | Crisis support, emergency relief, advocacy and referrals. |   |
| Youth Focus | (08) 9582 9270 youthfocus.com.au | Confidential counselling service for young people. |  |

 Family
  Finding a Job
  Finding Safety
  Food Relief
  Feeling Good
  Financial Assistance

Youth Information Services

| Service | Contact | Description |
|---|--|---|
| Alcohol and Drug Support Line | 1800 198 024 (08) 9442 5000 alcoholdrugsupport.mhc.wa.gov.au | For anyone concerned about their own or another person's alcohol or drug use. |
| Beyond Blue | 1800 512 348 beyondblue.org.au | Mental Wellbeing Support Service. |
| Family Relationships Helpline | 1800 050 321 | Helps families affected by relationship or separation issues. |
| Kids Help Line | 1800 551 800 kidshelp.com.au | Confidential counselling and support service for 5 – 25 year olds. |
| Lifeline | 13 11 14 lifeline.org.au | Provide 24/7 crisis support and suicide prevention services. |
| Q Life | 1800 184 527 qlife.org.au | Provides anonymous and free LGBTI peer support. |
| Suicide Call-back service | 1300 659 467 suicidecallbackservice.org.au | 24/7 free professional phone counselling. |
| Western Australia's Individualised Services | 1800 031 093 waindividualisedservices.org.au | WA helpline for people with disability (families, carers). |

eMental Health

| Service | Contact | Description |
|--------------|--|---|
| Bite Back | biteback.org.au | Weekly challenges to help you improve your mental fitness. Increase your happiness, reduce stress, improve friendships and focus. |
| eheadspace | Headspace.org.au/eheadspace | Free online support, information and counselling to young people 12 - 25 and their families and friends. |
| Reach out | au.reachout.com | Useful information and practical suggestions to help young people deal with the most common issues. |
| Smiling Mind | www.smilingmind.com.au | A daily mindfulness and meditation guide at your fingertips. |

Keeping Healthy

| Service | Contact | Description |
|---------------------------------|--|---|
| Daily Yoga | dailyyoga.com | More than 100 yoga and meditation classes to help people from all levels. |
| Live Lighter - Couch to 3km run | livelighter.com.au | 6-week guide from couch to a 3km run to get active. |
| Live Lighter - Recipes | livelighter.com.au/Recipe | Healthy and nutritious meal and snack recipes. |
| Map my walk | mapmywalk.com | Map your run, ride or walk with this app and see other routes in your area. |

Additional Jobactive providers

| Service | Contact | Description |
|-----------------|---|--|
| Stirling Skills | 9520 8116 stirlingskills.com.au | Employment support and finding new careers and Jobactive provider. |
| Matchworks | 6350 4786 matchworks.com.au | Employment support and finding new careers and Jobactive provider. |
| Workskil | 9587 0300 workskil.com.au | Employment support and finding new careers and Jobactive provider. |
| Status | 9586 1435 status.net.au | Employment support and finding new careers and Jobactive provider. |

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