

Our Mandurah Community Alcohol Service Directory

2016 - 2019



"It's vital that we keep our young people safe and we need to help them deal with alcohol-related challenges that they face. We want to see confident parents supporting young people in the Mandurah community. We hope this directory provides parents with information about alcohol harm reduction and the alcohol-related support services that are available for our young people."

Mandurah Mayor

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Supported by South Metropolitan Health Promotion Service

"We acknowledge the Binjareb people as the traditional custodians of this land, and pay respect to all Elders past and present and the continuing cultural and spiritual practices of local Aboriginal people."

This directory is an initiative from the Our Mandurah Community Youth Alcohol Strategy 2016 - 2019 that strives to address individual, family and community issues relating to alcohol use.

This directory contains a range of national, state-wide and local alcohol-related support services, including counselling services, online and telephone helplines, alcohol prevention programs and educational information about alcohol.

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Emergency contact numbers

**Police, Fire and
Ambulance**

**Life threatening
emergency**

Phone 000

Helplines & counselling support

Company	Contact Details	Provides
Alcohol and Drug Support Line	<p>Website alcoholdrugsupport.mhc.wa.gov.au</p> <p>Phone 1800 198 024 (24/7 helpline) or (08) 9442 5000</p> <p>Email alcoholdrugsupport@mhc.wa.gov.au</p>	<p>Alcohol and Drug Support Line is a 24/7 confidential and non-judgemental referral support service available to anyone who requires help with their own or someone else's alcohol or drug use. This support service offers one-to-one telephone support with professional counsellors.</p>
Alcohol and Drug Foundation	<p>Website adf.org.au</p> <p>Phone 1300 85 85 84</p>	<p>Alcohol and Drug Foundation is one of Australia's leading bodies committed to preventing issues of alcohol and other drugs in communities across Australia. Alcohol and Drug Foundation offers people with educational information about alcohol, community programs, a 'DrugInfo' helpline and alcohol prevention programs.</p>
HealthDirect Australia	<p>Website healthdirect.gov.au</p> <p>Phone 1800 022 222 (24/7 helpline)</p>	<p>HealthDirect Australia provides health services such as a registered nurse helpline, an after hours GP helpline and a National Health Services Directory. HealthDirect Australia offers online information on alcohol, alcohol abuse and alcohol injuries.</p>
Counselling Online	<p>Website counsellingonline.org.au</p> <p>Phone 1800 198 024 (Regional) (08) 9442 5000 (Metropolitan)</p>	<p>Counselling Online is a program that is funded by the Australian Government's Department of Health and operated by Turning Point in Victoria. It provides online drug and alcohol counselling by the use of text-communication and 24/7 access to professional qualified counsellors. This program offers information, support and referral for drug users, individuals and family members.</p>

Company	Contact Details	Provides
Crisis Care Helpline	<p>Phone 1800 199 008 or (08) 9223 1111 (24/7 helpline)</p>	<p>Crisis Care Helpline provides a 24/7 telephone information and counselling service for individuals in need of urgent help.</p>
Kids Helpline	<p>Website kidshelpline.com.au</p> <p>Phone 1800 55 1800 (24/7 helpline) or 1800 654 432 (24/7 Parentline)</p> <p>Email counsellor@kidshelpline.com.au</p>	<p>Kids Helpline offers Phone Counselling, Email Counselling and WebChat Counselling to ensure that individuals aged 5-25 years are supported and provided with helpful information. There is also a 'Parents and Carers' section found on the website and a 24/7 support helpline for parents called 'Parentline'.</p>
Lifeline	<p>Website lifeline.org.au</p> <p>Phone 13 11 14 (24/7 helpline) 1800 676 822 (WA)</p>	<p>Lifeline is a national charity that provides Australians with a 24 hour telephone crisis support service and an online crisis chat service that assists with issues such as substance abuse and addiction.</p>
Beyondblue	<p>Website youthbeyondblue.com Chat on-line from 3pm-12am</p> <p>Phone 1300 22 4636 (24/7 helpline)</p>	<p>Beyondblue aims to create a mentally healthy environment and to support individuals across Australia. This service provides a 24/7 support line and a support service which allows individuals to chat online.</p>

Services and information about alcohol

Company	Contact Details	Provides
Alcohol and Drug Foundation	Website adf.org.au Phone 1300 85 85 84	Alcohol and Drug Foundation is one of Australia's leading bodies committed to preventing issues of alcohol and other drugs in communities across Australia. Alcohol and Drug Foundation offers people with educational information about alcohol, community programs, a 'DrugInfo' helpline and alcohol prevention programs.
Beyondblue	Website youthbeyondblue.com Phone 1300 22 4636 (24/7 helpline)	Beyondblue aims to create a mentally healthy environment and to support individuals across Australia. This service provides a 24/7 support line and a support service which allows individuals to chat online.
Headspace	Website headspace.org.au Phone 1800 650 890 (08) 9544 5900 (Mandurah)	Headspace is the National Youth Mental Health Foundation which aims to help young individuals aged 12-25 years and their families to receive the help they need for any problems affecting their wellbeing. This covers a range of areas, including alcohol and other drugs.
Kids Helpline	Website kidshelpline.com.au Phone 1800 55 1800 (24/7 helpline) or 1800 654 432 (24/7 Parentline) Email counsellor@kidshelpline.com.au	Kids Helpline offers Phone Counselling, Email Counselling and WebChat Counselling to ensure that individuals aged 5-25 years are supported and provided with helpful information. There is also a 'Parents and Carers' section found on the website and a 24/7 support helpline for parents called 'Parentline'.
Palmerston	Website palmerston.org.au Phone (08) 9581 4010	Palmerston provides services for those affected by drugs and alcohol. It includes a diverse range of family group and individual services, and a Youth Counsellor.

Company	Contact Details	Provides
Reach Out	Website au.reachout.com	Reach Out is Australia's leading online mental health organisation for young people aged 14-25 years old. Reach Out provides young Australians with practical information, tools and support to ensure individuals can manage anything from everyday issues to difficult times occurring in their life.
Department of Education - Road Safety and Drug Education Branch	Website sdera.wa.edu.au Phone (08) 9402 6415 Address 33 Giles Street, Padbury WA 6025	The School Drug Education and Road Aware (SDERA) program is the state government's primary strategy for road safety and drug education for children and young people aged up to 20 years.
Department of Education - Road Safety and Drug Education Branch (Peel region)	Phone 0427 426 790 or (08) 9535 0108 Address 35 Gibla St, Mandurah WA 6210	

Support for parents and families

Company	Contact Details	Provides
Family Drug Help (FDH)	<p>Website www.sharc.org.au</p> <p>Phone 1300 660 068 (24/7 helpline)</p>	Family Drug Help provides a specialist service to family members and friends concerned about a loved one's alcohol use. Their aim is to strengthen individual's physical and mental health and increase their ability to deal with difficult situations.
Family Drug Support Australia	<p>Website fds.org.au/</p> <p>Phone 1300 368 186 (24/7 helpline)</p>	Family Drug Support Australia provides a 24/7 support line and useful information on alcohol and drugs.
Parent and Family Drug Support Line	<p>Website alcoholdrugsupport.mhc.wa.gov.au</p> <p>Phone 1800 653 203 (24/7 helpline) or (08) 9442 5050</p> <p>Email alcoholdrugsupport@mhc.wa.gov.au</p>	Parent and Family Drug Support Line is a confidential, non-judgement telephone counselling, information and referral service. It is for families and carers that are concerned about a loved one's alcohol or drug use. It involves both professional counsellors and trained parent volunteers who have previously had experience with their own child's alcohol or drug use.
Palmerston Association Weekly Family Support Group	<p>Website palmerston.org.au/contact/smcds-mandurah</p> <p>Phone (08) 9581 4010</p> <p>Address Peel Health Hub, 91 Allnutt Street, Mandurah WA 6210</p> <p>Email mandurah@palmerston.org.au</p>	Weekly Family Support Group run by a trained Counsellor for families and significant others to receive support and information.

Support services focused on alcohol recovery

Company	Contact Details	Provides
Alcoholics Anonymous	Website aa.org.au Phone 1300 222 222	Alcoholics Anonymous is a service where individuals share their experience, strength and hope to address alcoholism. This service offers membership to individuals where the single requirement is to have the desire to stop drinking. Free meetings are provided to help individuals find the road to recovery that is free of alcohol.
Palmerston Association (SMCADS) SMART Recovery Group (Self Management and Recovery Training)	Website palmerston.org.au/contact/smcads-mandurah Phone (08) 9581 4010 Address Peel Health Hub, 91 Allnutt Street, Mandurah WA 6210 Email mandurah@palmerston.org.au	Weekly support group run by trained Counsellor and peer support facilitator focusing on recovery and SMART goals. Groups held Mondays at 6pm and Wednesdays at 10:30am.



Local community support services

Company	Contact Details	Provides
Accordwest	<p>Website accordwest.com.au</p> <p>Phone 1800 115 799</p>	<p>Accordwest provides community support services with the aim to empower families and individuals to develop resilience.</p> <p>Their youth services about substance support includes substance and relationship counselling, information for young people and parents, support and education, group support work and practical strategies for managing relapse.</p>
Accordwest Mandurah Service Centre	<p>Phone (08) 9534 7788</p> <p>Address 4/19 Davey Street, Mandurah WA 6210</p>	
Wungening Aboriginal Corporation	<p>Website wungening.com.au</p> <p>Phone (08) 9221 1411 (Perth office)</p> <p>Address 211 Royal Street, East Perth WA 6004</p>	<p>Aboriginal Alcohol and Drug Service provides culturally secure and holistic services that involve treatment and prevention in the area of alcohol and substance abuse. Required to call Perth office for an appointment.</p>
Headspace	<p>Website headspace.org.au</p> <p>Phone 1800 650 890 (08) 9544 5900 (Mandurah)</p>	<p>Headspace is the National Youth Mental Health Foundation which aims to help young individuals aged 12-25 years and their families to receive the help they need for any problems affecting their wellbeing.</p> <p>This covers a range of areas, including alcohol and other drugs.</p>
Headspace Rockingham	<p>Phone (08) 6595 8888</p> <p>Email hello@headspacerock.com.au</p> <p>Address Unit 3, 18 Goddard Street, Rockingham WA 6167</p>	

Company	Contact Details	Provides
Headspace Mandurah	<p>Phone (08) 9544 5900</p> <p>Email hello@headspaceman.com.au</p> <p>Address Peel Health Hub, 91 Allnutt Street, Mandurah WA 6210</p>	<p>Headspace is the National Youth Mental Health Foundation which aims to help young individuals aged 12-25 years and their families to receive the help they need for any problems affecting their wellbeing. This covers a range of areas, including alcohol and other drugs.</p>
Health Matters	<p>Phone (08) 9586 4500</p> <p>Address Mandurah Community Health Centre, 112 Lakes Road, Mandurah WA 6210</p>	<p>Health Matters provides a range of health resources on alcohol and drugs and is located at the Mandurah Community Health Centre.</p>
Mission Australia	<p>Website sd.missionaustralia.com.au/ 255-reconnect-mandurah</p> <p>Phone (08) 9531 9400</p> <p>Address Billy Dower Youth Centre, 41 Dower Street, Mandurah WA 6210</p>	<p>Mission Australia provides the community-based program 'Reconnect' within the Mandurah community supporting young people aged 12-18 years and addresses a range of issues, including alcohol and drug abuse.</p>
Nidjalla Waangan Mia	<p>Phone (08) 9586 4580</p> <p>Email pm@nidjallawm.com.au</p> <p>Address 112 Lakes Road, Mandurah WA 6210</p>	<p>Nidjalla Waangan Mia was established to meet the needs of Aboriginal and Torres Strait Islander individuals in the Peel Region. Services include a nurse lead clinic, care coordination and supplementary service program and an outreach worker.</p>
Babbingur Mia South Coastal Aboriginal Health Services	<p>Phone (08) 9550 0900</p> <p>Address 61 Council Avenue, Rockingham WA 6168</p>	<p>Babbingur Mia South Coastal Aboriginal Health Services is a not-for-profit organisation providing services for Aboriginal people in the Rockingham and Kwinana district. This service includes qualified and experienced Aboriginal Health Workers, a GP, a Child Health Nurse and a Midwife.</p>

Local community support services

Company	Contact Details	Provides
Passages Resource Centre	<p>Website passagesresourcecentre.com</p> <p>Phone (08) 9583 5160</p> <p>Email passages.peel@svdpwa.org.au</p> <p>Address 20 Davey St, Mandurah WA 6210</p>	<p>Passages Resource Centre provides safe, friendly and positive services for marginalised young people aged 12 to 15 years, and is focused on homeless and unemployed individuals. They offer help with legal problems, health concerns, financial issues, addictions, counselling, relationships and general day to day living. Information, referrals, support and opportunities are provided to encourage young people to make positive and informed choices.</p>
Peel Youth Medical Service (PYMS)	<p>Phone (08) 9583 5435</p> <p>Email office@peelyouthmedicals.com.au</p> <p>Address Peel Health Hub, 91 Allnut Street, Mandurah WA 6210</p>	<p>Peel Youth Medical Service (PYMS) provides confidential health services in a safe, non-judgemental environment for young people aged 12-25 years. This service includes 'youth friendly' doctors, a practice nurse, mental health social workers and a psychologist who provides care, education and counselling.</p>
Department of Education - Road Safety and Drug Education Branch (Peel region)	<p>Phone 0427 426 790 or (08) 9535 0108</p> <p>Address 35 Gibla St, Mandurah WA 6210</p>	<p>The School Drug Education and Road Aware (SDERA) program is the state government's primary strategy for road safety and drug education for children and young people aged up to 20 years.</p>

Company	Contact Details	Provides
South Metro Community Alcohol and Drug Service Mandurah (Palmerston Association)	Website palmerston.org.au/contact/smcds-mandurah Phone (08) 9581 4010 Address Peel Health Hub, 91 Allnut Street, Mandurah WA 6210 Email mandurah@palmerston.org.au	<p>Palmerston provides a counselling service for individuals, couples and families affected by their own or a significant others drug or alcohol use and/or behaviour. This includes a diverse range of family, group and individual services and a Youth Counsellor.</p> <p>Palmerston also provide a needle syringe exchange program on weekdays between 9am-12noon and 1pm-3pm.</p>
South Metro Community Alcohol and Drug Service Rockingham (Palmerston Association)	Website palmerston.org.au/contact/smcds-rockingham Phone (08) 9550 9200 Address U2/31 Council Avenue, Rockingham WA 6168	



Youth programs

Youth programs do not provide direct alcohol-related services, however they can provide young individuals with activities that may indirectly delay the start of alcohol consumption and therefore further reduce alcohol-related incidents and harms in young people.

Company	Contact Details	Provides
Peel Youth Services	Website pys.org.au Phone (08) 9581 3365 Address 432 Lakes Road East, Greenfields WA 6210	The Peel Youth Services provides youth services in the Peel Region by developing initiatives that engage and maintain connections with young people. Peel Youth Services administrated a range of programs, activities and workshops, especially the 'Choyces' program and the 'Eyes Wide Open' program.
City of Mandurah Youth Development Team	Website mandurah.wa.gov.au/youth Phone (08) 9550 3670 Email youth@mandurah.wa.gov.au Address Billy Dower Youth Centre, 41 Dower Street, Mandurah WA 6210	Youth Development provides a range of programs, workshops and activities for youth. This includes the 'Thrive' young women's program, Mandurah Comedy Academy, Game Club, Intro to Barista Skills, Night Fields, RYDE, Saturdaze Activities, Young Yorgas, After School Drop-In and Activities, Boxing, Youth Dream Big Fund, School Holidays Activities and accomodates various Youth Services co-located at the Billy Dower Youth Centre.
Fairbridge Western Australia Inc.	Website fairbridge.asn.au Phone (08) 9531 1177 Email fairbridge.village@fairbridge.asn.au Address South West Highway, Pinjarra WA 6211	Fairbridge Western Australia Inc. offers programs about long-term and positive sustainable change that encourages young people to reach their full potential.

Acknowledgements

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This directory was developed in collaboration with City of Mandurah, Palmerston, School Drug Education and Road Aware, WA Police and supported by South Metropolitan Health Promotion Service.



Feedback

To give feedback about the Our Mandurah Community Alcohol Service Directory please email safemandurah@mandurah.wa.gov.au

City of Mandurah

PO Box 210, Mandurah WA 6210

council@mandurah.wa.gov.au

www.mandurah.wa.gov.au

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