

# Mandurah Youth Services Directory

August 2023





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## Introduction

This directory provides a summary of services relevant to young people that are available in the City of Mandurah and surrounding areas.

The services in this directory are listed in alphabetical order. They are grouped into the following categories:

- Aboriginal Services
- Crisis Support (includes Accommodation, Domestic Violence)
- Disability Services
- **Employment & Training** (includes Alternative Education)
- Health Services
- Parent & Family Support
- Recreation & Wellbeing
- Support & Counselling (includes Mental Health, Youth Work)

#### **Additional Information**

The City of Mandurah has other Directories that also list helpful information here.

#### **Further Assistance**

Contact the City of Mandurah Youth Development Team, based at the Billy Dower Youth Centre at 9550 3670 or youth@mandurah.wa.gov.au.

Comments or suggestions for future editions of this Directory are welcome.



#### Disclaimer

Whilst every endeavour is taken to provide correct and current information at the time of publication, some services may not be included and the City of Mandurah takes no responsibility for any error or omission.

## **Services Directory**

Name/Category	Contact Details	Description
Allambee	Level 1, 91 Allnutt Street, Mandurah P: 9535 8263 E: help@allambee.org.au W: allambee.org.au	Counselling services for children and adults effected by family domestic violence or sexual assault or abuse. Provides women's health, specific GP and nurse services to females 16+. Support for women's mental and emotional health. Also runs the Street Net Youth service.
Alta-1 College	19A, 397 Warnbro Sound Avenue, Port Kennedy 6172 P: 9403 8225 E: admin@alta-1.wa.edu.au W: www.alta-1.wa.edu.au	Alternative education for young people 12 - 19 years for young people not suited to mainstream schooling. Campuses in Cockburn, Rockingham and Perth.
Anglicare WA	Unit 2, 331 Pinjarra Road, Mandurah P: 1300 11 44 46 E: info@anglicarewa.org.au W: anglicarewa.org.au	Counselling/support for children, adults, couples and families affected by separation, emotional or physical abuse, relationship issues, parenting, stepfamilies or major life transitions.
APM	Suite 1, 15 Sholl Street, Mandurah P: 9535 5139 W: <u>apm.net.au</u>	Help to find employment, improve health and wellbeing and participate in community. Support with injury, illness or disability or facing hardship or harm.
APM Communities	Suite 1, 15 Sholl Street, Mandurah P: 9535 5139 W: <u>apm.net.au</u>	APM Communities helps people with disability, NDIS participants, families, and carers to identify and access the support they need to enable participants to realise their individual goals and aspirations.

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Name/Category	Contact Details	Description
	3/19 Davey Street, Mandurah P: 9204 4566 W: www.atcemployment.com.au	Registered Training Organisation delivering nationally recognised training in WA with flexible arrangements to suit training and employment needs of individuals.
atWork Australia	Unit 1, 3 Dower Street, Mandurah Offices also in Lakelands, Pinjarra and Falcon P: 1300 080 856 W: www.atworkaustralia.com.au	Support provided to people with disability and/or experiencing disadvantage to find sustainable and meaningful work.
Bridging the Gap	Unit 2, 160 Pinjarra Rd, Mandurah P: 9419 2553 E: <u>training@bridgingthegap.org.au</u> W: <u>www.bridgingthegap.org.au</u>	Runs PLAN, supporting individuals in 1:1 mentoring navigating challenging life circumstances, including unemployment, domestic violence, mental health and crisis accommodation.
Calvary Youth Services Mandurah	40 Sutton Street, Mandurah P: 08 95811741 E: youthworker@     calvaryyouth.com.au W: www.calvary-Mandurah.org	Crisis accommodation for 15- 25y who are homeless or at risk of homelessness including transitional housing program. Provide case management, living skills and AOD program.
Carers WA- Young Carers Program	The Carer Centre, 182 Lord Street, Perth P: 1300 227 377 E: youngcarers@carerswa.asn.au W: https://www.carerswa.asn.au/ our-services/young-carers/	Free access to counselling, peer support groups, events and activities and support under the Carer Gateway for young people 8-25 years who help look after a family member.

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Child and Parent Centre	3 Kooljack Street, Dudley Park P: 9537 5603 E: cpcadmin@anglicarewa.org.au W: www.childandparentcentres. wa.edu.au/dudley-park	For parents with children aged 0-8 years . Free workshops, playgroups, rhyme time, art activities and preschool sport programs. Child health nurse, child counselling and speech pathology available. Offer a range of parent support programs.
Choyces	432 Lakes Rd, Greenfields P: 9581 3365 E: admin@choyces.org.au W: www.choyces.org.au	Support and programs for children and youth. Youth work support in schools. Tailored program for young mothers aged 12-25 years throughout pregnancy and motherhood with child care services offered on site while students attend classes.
City of Mandurah - Access and Inclusion	P: 9550 3777 E: cdo@mandurah.wa.gov.au W: https://www.mandurah.wa.gov.au/community/programs-and-activities/access-and-inclusion	A range of resources, facilities, services and activities which are inclusive and accessible for young people with disability.
Clinical Care Coordination Team (CCC)	91 Allnutt Street Mandurah Ph 9583 5435	Supports young people finding the right health and welfare services. Qualified and experienced health professionals provide a safe and confidential first point of contact to services with the Peel Health Hub. Support in developing a care plan. No appointment necessary.

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Contemporary Art Spaces Mandurah (CASM)	63 Ormsby Terrace, Mandurah P: 9550 3989 / 9550 3662 E: casm@mandurah.wa.gov.au W: www.mandurah.wa.gov.au/ explore/arts-and-culture/casm	Exhibition and workshop space that promotes and makes a diverse range of contemporary art accessible. CASM also run after school art classes for 5-18 years and hosts the Masterpieces Art Competition and Exhibition for 12-25 years.
Crisis Care Unit	P: 9223 1111	Assistance with crisis accommodation after 5pm.
Diversity South INC	90 Anstruther Road, Mandurah P: 9582 6105 E: admin@diversitysouth.org.au W: www.diversitysouth.org	Provides NDIS home and living services, community participation and supports co-ordination for people with disability, including those with high and complex support needs.
Dwellingup Adventures	4 Marinup Street, Dwellingup P: 9538 1127 E: info@dwellingupadventures. com.au W: www.dwellingupadventures. com.au	Canoe, rafts, mountain bikes, camping equipment, self-guided tours, fast water rafting, cooperate and group activities, charters & accommodation.
Fairbridge College	South Western Highway, Pinjarra P: 9531 7932 or 9531 1177 E: admin@fairbridge.wa.edu.au W: www.fairbridge.wa.edu.au	Provides alternate educational, traineeships and vocational education and training pathways for young people 12-18 years who are not suited to mainstream education.

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Freedom (LGBTIQA+ Youth Support Service)	60a Frame Court, Leederville P: 9482 0000 E: freedomcentre@waac.com.au W: www.freedom.org.au	Freedom is a culmination of all WAAC'S LGBTIQA+ youth (12-25 years) support services which are delivered in Perth metro and regional WA. Freedom offers a range of services Freedom Centre drop-in, community development, youth counseling and group facilitation.
GP Down South Assertive Outreach Team	91 Allnut Street, Mandurah P: 9583 5435 E: AOT@gpdownsouth.com.au W: gpdownsouth.com.au	The GP down south Assertive Outreach Team has been established to engage with Aboriginal youth and the general community in the Waroona and Murray Shires and Mandurah, to provide support for mental health and/or alcohol and drug related problems.
Halo Team	3 Gibson Street, Mandurah P: 08 9534 9994 E: team@haloteaminc.org.au W: www.haloteaminc.org.au	Support for families and young people aged 15-25, people at risk of/or experiencing homelessness and young people with disability. Also run a free community kitchen for hot meals 7days a week.
Headspace Mandurah	10c 327 Mandurah Terrace Mandurah 6210 P: 9544 5900 E: hello@headspaceman.com.au W: headspace.org.au/Mandurah	Free and confidential service that gives young people 12-25 years old, someone to chat to about anything that is worrying them.
Helping Minds	Lotteries House, 7 Anzac Place, Mandurah P: 9427 7100 E: <u>info@helpingminds.org.au</u> W: <u>www.helpingminds.org.au</u>	Support for anyone experiencing mental health distress. Services include counselling, advocacy, respite, support groups, workshops, peer support and NDIS support.

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Homestead for Youth	266 Morgan Road, Meelon P: 0449 939 597 E: info@h4y.com.au W: www.homesteadforyouth.org	Provides safe refuge and support through recovery programs and counselling for youth (7-20 years) & their families. Unique handson programs including; equine therapy, combi restoration, arts, gardening and animal farm.
Housing Choices Western Australia	4 Stevenson Street, Mandurah P: 9534 0400 E: info-wa@hcau.org.au W: www.housingchoices.org.au	Provides affordable housing for people on low to moderate incomes and for people with disability.
Jobs and Skills Centre	South Metropolitan TAFE, 2 Education Drive, Greenfields P: 13 64 64 E: peeljsc@smtafe.wa.edu.au W: www.jobsandskills.wa.gov.au	Assistance with job searching, resume creation, career, training and employment pathways. Direct links to job opportunities, apprenticeships and traineeships. Aboriginal support workers provide indigenous specific support.
JSW Training and Community Services	91 Allnutt Street, Mandurah P: 9721 5033 E: info@jsw.org.au W: www.jsw.org.au	On and off the job training for people with disability, aboriginal people, young people not employed or in education or training.
Mandurah Aquatic and Recreation Centre (MARC)	303 Pinjarra Road, Mandurah P: 9550 3600 E: recreationcentres@mandurah. wa.gov.au W: www.mandurah.wa.gov.au/ community/places/aquatic-and- recreation-centres	50m outdoor pool, indoor leisure pool with kids' water playground, indoor 25m program pool and wellness centre with spa and sauna, café, crèche, indoor courts and gym. Programs include kids, group fitness and sports programs.

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Mandurah CoderDojo	A: Mandurah Catholic College Library on Saturdays from 10am-12pm during school terms. P: 0450 152 403 E: michelle@bustaburpee.com.au W: https://www.bustaburpee.com.au/autism-academy-coderdojo	Free community club facilitating coding and tech projects for Neurodivergent adolescents in the Peel region. New members and all skill levels welcome.
Mandurah Disabled Support & Recreational Respite	Suite 10 Lotteries House, 7 Anzac Place, Mandurah P: 9586 1858	A recreational and support service located in Mandurah providing 2-3 hours support per week for young people with disabilities.
Mandurah Libraries	Falcon: Corner of Flavia Street & Cobblers Road, Falcon 6210 P: 9550 3230 Lakelands: 49 Banksiadale Gate, Lakelands WA 6180 P: 9550 3835 Mandurah: 331 Pinjarra Road, Mandurah P: 9550 3650 E: manlib@mandurah.wa.gov.au W: www.mandurah.wa.gov.au/community/places/Libraries	Free WiFi and computer access. Printing, 3D Printing and photocopying (fees apply). Programs include CoderDojo, Minecraft Club, Homework Help, Chess Knights, Sewing Workshops, and School Holiday Activities. Books, graphic novels, magazines, DVDs, CDs and audiobooks to borrow and eBooks, eAudiobooks, eMagazines, comics and movies to download. Membership is FREE with proof of address.
Mandurah Neurodiversity Centre	P: 0411 615 641 E: mandurahndcentre@gmail.com	Provides consultancy, support and education for autistic and neurodivergent kids, teens, adults and their families. Interest-based groups for neurodivergent tweens (8-12 years) and teens (13-17), Ausome women program and Autie Women Art n Craft program for 18+.

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Manta Rays Swim Team	P: 0437 561 336 E: mantarays10@gmail.com W: https://www.mantarays.net.au/	Manta Rays Swim Team is designed to teach children 7 to 17 years with disability to be safer in and around the water, to develop swimming and water safety skills, as well as improve health and well-being.
MatchWorks	77 Pinjarra Road, Mandurah P: 6350 4786 E: reception.mandurah@ matchworks.com.au W: www.matchworks.com.au	Offers employment services to job seekers and employers, including mentoring, training and practical assistance. Mandurah Disability Employment Services (DES) team supports young people with disability, injury or health conditions find and keep a job.
Mission Australia – Reconnect Program	Billy Dower Youth Centre, 41 Dower Street, Mandurah P: 9531 9400 E: reconnectpeel@missionaustralia. com.au W: www.missionaustralia. com.au/servicedirectory/211- homelessness/reconnect-peel- Mandurah	Free and confidential counselling, mediation, advocacy, early intervention and support for young people aged 12 to 18 and their families who are experiencing conflict, lack of communication, homelessness, or at risk of homelessness in the Peel Region.
Murdoch University	Education Drive, Greenfields P: 9360 6000 W: www.murdoch.edu.au	A range of university education courses for example in Business, Creative Arts & Communication, Health, Technology and more.
Neami National	6 Davey Street, Mandurah E: mandurah@neaminational.org.au www.neaminational.org.au	Provides community rehabilitation and mental health recovery support in the areas of skill development and social connection to increase independence for 18-65 aged.

**Health Services** 

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Nidjalla Waangan Mia	112 Lakes Road, Mandurah P: 9586 4580 E: office@nidjallawm.com.au W: gpdownsouth.com.au	Services for Aboriginal and Torres Strait Islander people's including; nurse lead clinic, maternity program, care coordination and range of services such as outreach, podiatry, diabetes education and visiting specialists.
Ovis Community Services (formerly Pat Thomas House)	Mandurah Lotteries House, 7 Anzac Place, Mandurah P: 9520 8627 (24/7 line) E: info@ovis.org.au W: www.ovis.org.au	Crisis accommodation and support services for women and children impacted by family and domestic violence. Services include Pat Thomas Refuge, Warlang Bidi Therapeutic Refuge, Pinjarra Women's Centre, Community and Outreach Services (including crisis support, case management, support to apply for Family Violence Restraining Orders and Court support) and Education Services.
Palmerston (South Metropolitan Community Drug Service)	Peel Health Hub, 91 Allnutt Street, Mandurah They also have an office in Pinjarra and Waroona. P: 9581 4010 E: mandurah@palmerston.org.au W: www.palmerston.org.au	Support for individuals, families and communities affected by alcohol and other drug issues with services including counselling, group support and residential rehabilitation.
Parenting Connection WA	3 Kooljack Street, Dudley Park E: Peel.PCWA@anglicarewa.org.au W: www.parentingconnectionwa. com.au	Provides parenting support services to parents and care givers with children 0-18 years old across Peel Region. Parenting education sessions and/or one on one sessions.

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Name/Category	Contact Details	Description
Participation Coordinators Department of Education	41 Dower Street, Mandurah P: 9314 0453 W: www.det.wa.edu.au/ participation/ detcms/portal	A case brokerage service to support at risk and disengaged Year 11 and 12's to access alternative education, training and/or employment and support their transition.
Passages Youth Engagement Hub (Peel)	20 Davey Street, Mandurah P: 9583 5160 E: passages.peel@svdpwa.org.au W: www.passages.org.au	A friendly space for 12-25 year olds to access basic needs such as food, shower, laundry, clothing vouchers and toiletries. Youth worker support to access other services.
Peel Community & Adolescent Mental Health Service (CAMHS)	Level 1, 91 Allnutt Street, Mandurah P: 6559 5100 E: peelcamhs@health.wa.gov.au	Free assessment and treatment of children up to 18 years experiencing difficulties which seriously impact on their mental health and emotional wellbeing. Self-referrals are accepted.
Peel Community Mental Health Services	Peel Health Campus, 110 Lakes Road, Mandurah P: 9531 8080	Mental Health Service for individuals aged 18-64 years who live in the Peel area. Intensive day therapy, clinical rehabilitation and inpatient services.
Peel Support Program (JSW Training and Community Services)	91 Allnutt Street, Mandurah P: 9721 5033 E: info@jsw.org.au W: www.jsw.org.au	Provide young people, 12-18 years identified by WA police as youth at risk, with individual support to overcome life issues. Can source additional support from external providers.

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Peel Volunteer & Resource Centre	Suite 12, Mandurah Lotteries House, 7 Anzac Place, Mandurah P: 9581 1187 E: volunteering@peelvolunteer. org.au W: www.peelvolunteer.org.au	Opportunities for volunteering in the community, information and referrals
Peel Youth Medical Services	Peel Health Hub, 91 Allnutt Street, Mandurah P: 9583 5435 E: office@ peelyouthmedicalservice.com.au W: www.gpdownsouth.com.au/ youth-health.html	A general practice providing health services in a safe non-judgemental environment with a focus on your people, aged 12-25. PYMS aims to promote wellness by improving the mental, social and physical health of people in the Peel region.Monday – Friday 8:30am – 4:30pm
People with Disabilities WA	City West Lotteries House 23, 2 Delhi Street, West Perth P: 9420 7279 (Country callers) 1800 193 331 Text Only: 0488 798 615 E: info@pwdwa.org W: www.pwdwa.org	Offers free, non-legal advocacy services to any person with a disability in WA, representing the rights, needs and equity of all Western Australians with disability through individual and systemic advocacy
Reach for Training	Unit 1/275 Pinjarra Road Mandurah P: 6169 3567 E: wa@reachfortraining.com.au W: www.reachfortraining.com.au	Offers a range of courses providing relevant skills for the workforce.
Relationships Australia WA	7 Cooper St, Mandurah Tel: 6164 0570 21 George St, Mandurah Tel: 6164 0600 W: www.relationshipswa.org.au	Individual and family counselling, strengthening positive relationships between children and their parents. 4Dad's program supporting dads who are struggling with parenthood, Counselling for dads.
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Ruah Community Services	30 Minilya Parkway, Greenfields P: 13 78 24 E: connecting@ruah.org.au W: www.ruah.org.au	Offer rehabilitation, recovery support, employment support and mental health programs. Emergency housing for people that are homeless or a risk of homelessness, domestic violence support and legal advice.
Services Australia (Centrelink)	24-26 Tuckey Street, Mandurah P: 13 28 50 W: <u>www.humanservices.gov.au</u>	Payments and services for people who are unemployed, experiencing domestic violence and risk of homelessness. Social worker available for confidential interview.
Sexual Assault Resource Centre (SARC)	374 Bagot Road, Subiaco, Perth P: 6458 1828 W: www.kemh.health.wa.gov.au/ Other-Services/SARC	Services for anyone aged 13 years and over who have been sexually assaulted or sexually abused.
SMYL	P: 9550 9400 E: college@smyl.com.au W: www.smylcollege.wa.edu.au	Assistance for young people to transition to employment, supported through a range of education and training programs.
South Metropolitan TAFE – Mandurah/ Peel Campus	2 Education Drive, Mandurah P: 1800 001 001 E: info@smtafe.wa.edu.au W: www.southmetrotafe.wa.edu.au/campuses/Mandurah	Courses to support students gain skills to enable employment and career development.
Status Training and Employment Services	Level1, 58 Anstruther Road, Mandurah P: 9586 1435 W: <u>www.status.net.au</u>	Offer Disability Employment Services and Employability Skills Training.

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Street Net Youth Services	Peel Health Hub, 91 Allnutt Street, Mandurah P: 08 9535 8263 E: <u>info@streetnet.org.au</u> W: <u>www.streetnet.org.au</u>	Free service for disengaged young people up to 18 years, including Aboriginal and culturally and linguistically diverse youth. Provides referrals, support, outreach, school-based programs and community events. Self-referrals available.
Training Alliance Group	2/21 Sholl Street, Mandurah P: 1300 436 756 E: mandurah@ trainingalliance.com.au W: www.trainingalliance.com.au	Designed for 15-21 year olds who are motivated to get into the workforce. Transition to work service helps gain employment and provides skills, training and support.
Visability Mandurah	Lotteries House, 9 Anzac Place, Mandurah P: 9586 1147 W: <u>www.visability.com.au</u>	Professional therapy and support services that assist people across a range of ages and disabilities in their homes, at school, at work and in the community.
WA Mums Cottage	25 Davey Street, Mandurah P: 9500 5486 Out of hours emergencies: 0431 222 101 E: wamumscottage@gmail.com W: www.wamumscottage.org.au	Drop In Centre for all women; youth or adult, with or without children. Provides referrals, companionship and runs courses.
Wanslea Family Services	26A Anstruther Road, Mandurah P: 9245 2441 W: www.wanslea.org.au/families- and-children/children-and-young- people	Support is provided to young people to assist with living skills, maintaining housing and support networks, finding alternative safe, long term housing, information, and advocacy.
WestAus Crisis and Welfare Services	Suite 3 Lotteries House, 7 Anzac Place, Mandurah P: 9582 9920 E: admin@westauscrisis.com.au W: www.westauscrisis.org	Crisis support, emergency accommodation, food aid, advocacy & referral, tenancy advice and a healthy breakfast club.
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Winjan Aboriginal Corporation	19 Alderly Place, Coodanup P: 0475 064 384 E: winjanac@outlook.com	Cultural days and programs for Aboriginal community delivered at the centre. Community space for hire, children's play area and nature walk.
Wise Employment	Unit 7/3 Dower St, Mandurah P: 1800 161 231 E: mandurahwfa@ wiseemployment.com.au W: www.wiseemployment.com.au	Job Active provider, offers Training and support getting (back) into the workforce.
Workforce Australia Local Jobs Program	41 Dower St, Mandurah P: 0460 631 061 E: support@pslocaljobs.com.au W: www.dewr.gov.au/local-jobs-program/employment-facilitators/western-australia/perth-south	Provides links and connections to employment services and programs within the region for Employers and Jobseekers.
Workskil Australia	Unit 2, 17 Sholl Street, Mandurah P: 9587 0300 W: <u>www.workskil.com.au</u>	Tailored support for jobseekers to identify work opportunities, get an interview, start work and settle in. Training and support for indigenous people to gain employment.
Youth Development City of Mandurah	Billy Dower Youth Centre, 41 Dower Street, Mandurah P: 9550 3670 E: youth@mandurah.wa.gov.au W: www.mandurah.wa.gov.au/ youth	Provide a range of programs, activities, events and support for young people 11-25, at the Billy Dower Youth Centre and out in the local community.

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Youth Disability Advocacy Network (YDAN)	E: hello@ydan.com.au W: https://www.ydan.com.au/	Systemic advocacy organisation for young people aged 12-25 with disability and seeks to represent all young people with disability in Western Australia. If there is something you need help fighting, get in touch with the YDAN team.
Youth Focus	Peel Health Hub, 91 Allnutt Street, Mandurah P: 6266 4333 W: www.youthfocus.com.au	Counselling service for young people. Mentoring program to provide support to the individual suffering from depression, anxiety, selfharm and early signs of suicide.

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# **Helpful Websites and Helplines**

Company	Contact Details	Description
Alcohol and Drug Support Line	9442 5000 Country Callers: 1800 198 024 alcoholdrugsupport.mhc. wa.gov.au	24/7 telephone support with professional counsellors and referrals available to anyone aged 16+ who requires help with their own or someone else's alcohol or drug use
Alcohol. Think Again	alcoholthinkagain.com.au	The Alcohol. Think Again website provides information about the short and long-term health effects of alcohol, the impact of alcohol on young people, and tips to reduce alcohol use
Autism Connect	https://www.amaze.org. au/autismconnect/	Autism Connect is a free, national autism helpline, providing independent and expert information over phone, email and webchat.
WAAC	www.waac.com.au	Provides a range of counseling and support for sexual health, drug use, people living with HIV, peer mentoring, education and training, LGBTQIA+ young people.
Beyond Blue	1300 22 4636 www.beyondblue.org.au	Beyond Blue promotes good mental health, tackles stigma and discrimination, and provides support and information on anxiety, depression and suicide to everyone in Australia.
Black Dog Institute Youth	www.biteback.org.au	Clinical research and community resources aimed at improving understanding, diagnosis and treatment of mood disorders.
Bullying. No Way!	https://bullyingnoway. gov.au/	Bullying. No Way! provides evidence- informed resources and information for a proactive, whole-school community approach to preventing bullying in Australian schools.
Department Apprenticeship Office	www.dtwd.wa.gov.au	Useful information for apprentices/ trainees

Company	Contact Details	Description
Disability Gateway	https://www. disabilitygateway.gov.au/	The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia.
Disability support providers (NDIS funded providers)	NDIS Provider Finder https://www.ndis. gov.au/participants/ working-providers/find- registered-provider/ provider-finder	Use this tool to find a registered NDIS provider in your local area.
Drug and Alcohol Support Services	www.mhc.wa.gov.au/ about-us/our-services/ alcohol-and-drug- support-service	For anyone who's concerned about their own or another person's alcohol or drug use.
Developmental Disability WA	https://ddwa.org.au/	Supports people with disability and their families through access to resources and advocacy.
Drug Aware	drugaware.com.au	The Drug Aware website provides evidence- based information about specific drugs and their effects, as well as harm reduction strategies and tips to stay safe.
Family Relationships Advice Line	1800 050 321	Helps families affected by relationship or separation issues, including information on parenting arrangements after separation and links to local services.
Green Book	www.greenbook.org.au	Online searching tool for Alcohol & Other Drugs + Mental Health Service Providers.
Headspace	www.eheadspace.org.au	Online and telephone mental health support.
Kids Help Line	1800 551 800 www.kidshelp.com.au	Confidential counselling and support service for 5-25 year olds. Counselling can be provided over the phone, email and web.
Lifeline	13 11 14 www.lifeline.org.au	Support for mental health, suicide prevention and life crisis. Service available via call, text and chat.

Company	Contact Details	Description
MensLine Australia	www.mensline.org.au	A professional telephone and online support and information service for Australian men.
Mental Health Emergency Line	1800 048 636	24/7 Child and Adolescent Mental Health Service. Free specialist child and adolescent mental health information, assessment and support for young people.
MyFuture	www.myfuture.edu.au	Create a profile, complete quizzes and make the right career decisions to start building a career.
Parent and Family Drug Support Line	9442 5050 Country Callers 1800 653 203 Mhc.wa.gov.au/pfds	The Parent and Family Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone aged 16+ concerned about a loved one's alcohol or drug use.
ReachOut	ReachOut.com	ReachOut offers a wide range of support options from one-to-one support from experienced peer workers, to online forums, as well as tips, stories and resources.
Sane	www.sane.org	Supports people affected by complex mental illness, including; mental health awareness, online peer support and information, stigma reduction, helpline, research and advocacy.
WA Youth Services Directory	wayouthservicesdirectory. org.au	Online state-wide list of Youth Service Providers.
Strong Spirit Strong Mind	strongspiritstrongmind. com.au	The Strong Spirit Strong Mind website provides culturally secure information, resources and support services addressing social and emotional wellbeing and alcohol and other drugs issues for Aboriginal individuals and families.
Suicide Callback Service	1300 659 467 suicidecallbackservice. org.au	A free, professional, 24 hour, 7 days a week telephone and online counselling service.
Think Mental Health	thinkmentalhealthwa. com.au	The Think Mental Health website provides information on how to maintain mental health and wellbeing, and provides information on what to do when things aren't going so well and where to get help when it's needed.

### **City of Mandurah**

PO Box 210, Mandurah WA 6210 (08) 95503777 council@mandurah.wa.gov.au mandurah.wa.gov.au

If you need help to speak or listen you can use the National Relay Service on 1300 555 727.

