External Support Agencies

**Mental Health Youth Support Agencies**

Headspace Rockingham

Provides support services for 12 – 25 yr olds

Unit 3, 18 Goddard Street

ROCKINGHAM WA 6169

08 9595 8888

Referral form needs to be completed or families can self-refer

Email: [hello@headspacerock.com.au](mailto:hello@headspacerock.com.au)

<https://headspace.org.au/headspace-centres/rockingham/>

Youth Focus

08 6266 4333

Referrals can be made over the phone or via referral form, or families can self-refer

[hello@youthfocus.com.au](mailto:hello@youthfocus.com.au)

<https://youthfocus.com.au/>

Child and Adolescent Mental Health Service (CAMHS) – Rockingham

08 9528 0555

Referrals can be made by completed referral form

Unit 5, 6 Ameer Street

ROCKINGHAM WA 6168

<https://www.cahs.health.wa.gov.au/Our-services/Mental-Health>

**Online Support for Young People**

eheadspace

webchat – <https://headspace.org.au/eheadspace/>

1800 650 890

The Brave Program

Interactive online based CBT program

<https://www.brave-online.com/>

Kids Helpline

1800 55 1800

<https://kidshelpline.com.au/>

**General Counselling and Support Services**

Relationships Australia

1300 364 277

Families can self-refer

Locations in Mandurah and Kwinana

Provide young person, family and parent counselling and support

<https://www.relationshipswa.org.au/services/counselling>

South Coastal Health & Community Services

Counselling, parenting programs

08 9550 0900

Families can self-refer

Lifelinks Community Centre

4 Civic Boulevard

ROCKINGHAM WA 6168

Murdoch Psychology Clinic

Murdoch University

Reduced Fee Counselling

Families can self-refer

08 9360 2570

<https://www.murdoch.edu.au/life-at-murdoch/perth-campus/facilities-services/health-counselling/murdoch-psychology-clinic>

Curtin – Child and Adolescent Psychology Clinic

Curtin University

Reduced Fee Counselling

Families can self-refer

9266 1717

<https://healthsciences.curtin.edu.au/our-clinics/child-adolescent-psychology-clinic/>

**Family Counselling and Support**

Anglicare – Parent and Adolescent Counselling Service (PACS)

08 9528 0702 or 1300 11 44 46

Referrals can be made over the phone

<https://www.anglicarewa.org.au/get-help/relationships-and-separation/parent-and-adolescent-counselling>

Family Support Network –Department of Communities Fremantle/Rockingham

Local Networks of high quality integrated services that support families and young people at risk

Referrals via website

1300 957 190

<https://www.wafsn.org.au/locations/fremantle-rockingham-family-support-network/>

4Families – Relationship Australia

Holistic Family Support focusing on prevention and early intervention – Home Based Support

Referrals via phone or form on website

<https://www.relationshipswa.org.au/services/parenting-and-family-relationships/4families>

Mercy Care Reconnect

Support young people and addresses family conflict to stabilise living conditions and prevent homelessness

Referrals via phone or website

<https://www.mercycare.com.au/youth-family-and-support/youth/reconnect>

1800 800 046

**Sexual Health Support Services**

Anglicare Child Sexual Abuse Therapy Service

Counselling for under 18 who have been sexually abused, commit abuse, display sexualised behaviours or siblings of a child who has been abused.

Refer via phone to speak to co-ordinator

08 9394 9200

<https://www.anglicarewa.org.au/get-help/sexual-abuse-support-services/child-sexual-abuse-therapy-service>

Sexual Assault Resource Centre

1800 199 888

Child Protection Unit – Perth Children’s Hospital

Referrals via CPU Duty Social Worker or website

6456 4300

<https://pch.health.wa.gov.au/our-services/child-protection-unit>

**FDV Support Services**

Anglicare – Young Hearts

Counselling for Children up to the age of 18 who have been exposed to FDV, emotional abuse or neglect or are showing signs of aggressive or submissive behaviour

08 9528 0702

<https://www.anglicarewa.org.au/get-help/family-and-domestic-violence/young-hearts-child-counselling-service>

South Coastal Health & Community Services

Counselling, parenting programs

08 9550 0900

Families can self-refer

Lifelinks Community Centre

4 Civic Boulevard

ROCKINGHAM WA 6168

**Bereaved Counselling and Support**

CYPRESS – Anglicare

Counselling and Support for young people bereaved by suicide

Referrals via website or phone

1300 11 44 46

<https://www.cypress.org.au/>

**Alcohol and Other Drugs Support**

Palmerston Rockingham

Counselling and Education for youth who have issues with AOD or are affected by others use of AOD

Self-Referral or referral via website

08 9550 9200

<https://www.palmerston.org.au/>

**Counselling for young people affected by family members mental health**

Helping Minds

Free Counselling for young people affected by a loved one’s mental health

08 9427 7100

<https://helpingminds.org.au/how-we-help/young-people-mental-health/>

**Youth Focused GPs**

Peel Youth Medical Service – GP Down South

08 9537 5500

91 Allnutt Street

MANDURAH WA 6210

Samy Medical Practice

Dr. Christabel Samy

08 9557 6000

12 Attwood Way

ROCKINGHAM WA 6168

Port Kennedy Medical Centre

Dr. Aiofe Moynihan

9524 6611

Unit 2/12 Endeavour Drive

PORT KENNEDY WA 6172

Rockingham City Family Practice

Dr. Sarah Cox

Dr. Julie Gallagher

08 9553 9200

3/18 Council Avenue

ROCKINGHAM WA 6168

**Crisis Accommodation**

Calvary Youth Services

Crisis Accomodation

9581 1741

40 Sutton Street

MANDURAH WA

Y-Shac Rockingham – Anglicare

Transitional housing for at risk youth

08 9523 3400

yshac.rockingham@anglicarewa.org.au

<https://www.anglicarewa.org.au/get-help/housing-and-homelessness/y-shac>

Anglicare Housing and Homelessness

Multiple Services

<https://www.anglicarewa.org.au/get-help/housing-and-homelessness>

Passages – St Vincent de Paul – Peel

Homelessness support

9583 5160

20 Davey Street

MANDURAH WA 6210

Mercy Care Reconnect

Support young people and addresses family conflict to stabilise living conditions and prevent homelessness

Referrals via phone or website

<https://www.mercycare.com.au/youth-family-and-support/youth/reconnect>

1800 800 046

**Low Cost Food Supplies**

Second Harvest Rockingham

Low Cost and Emergency Food Supplies

08 9592 6060

7 Wilmott Drive

COOLOONGUP WA 6168

Salvation Army

Emergency Relief

08 9527 3460

Corner Read Street and Willmott Drive

ROCKINGHAM WA 6168

St Vincent De Paul Society – Rockingham

Emergency Relief

9592 7816

1/14 Livingstone Road

ROCKINGHAM WA 6168