

MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE & FAMILIES

Accessing Private Psychology: GP – Mental Health Care Plan

GP Mental Health Care Plan can provide individuals with Medicare subsidised sessions, up to 10 per calendar year, to access Private Psychology services. During the coronavirus outbreak Telehealth Options are available. Unlike face-to-face sessions these will not incur a gap fee.

A Mental Health Care Plan <https://www.healthdirect.gov.au/mental-health-care-plan>

Low cost Youth Mental Health Services

Headspace: National Youth Mental Health Foundation Free Counselling and a range of other services. Referrals accepted directly from the young person or parent.

Osborne Park: 08 9208 9555 <https://www.headspace.org.au/headspace-centres/osborne-park/>

Fremantle: 08 9431 7453 <https://www.headspace.org.au/headspace-centres/fremantle/>

Youth Focus: Free counselling 12-25 years. **Phone:** 08 6266 4333 <https://youthfocus.com.au>

Helping Minds: Provides free counselling when someone in the family is affected by a mental illness. **Phone:** 08 9427 7100 or **Freecall:** 1800 811 747

Child and Adolescent Mental Health Care Service (CAMHS): Provide multidisciplinary support for young people affected by complex mental health difficulties (0-17 years). Referral from your GP or a mental health care professional required.

Emergency Contacts for Families

Organisation	Phone
Urgent Mental Health Telephone Support Line (24 hours)	1800 048 636 (U18) / 1300 555 788 (18+)
For Mental Health Emergencies – Police/Ambulance	000
Kids Help Line (24 hours)	1800 551 800
Lifeline (24 hours)	13 11 14
Family Help Line	08 9223 1100
Crisis Care (24 hours)	08 9223 1111

Online Programs / Support

The BRAVE Program (online self-directed counselling for anxiety with parent & student modules)
<https://brave4you.psy.uq.edu.au>

eheadspace Online and Telephone Counselling – Phone: 1800 650 890 (7 days a week, 12pm-3am)
<http://www.headspace.org.au/eheadspace.org.au>

Mental Health Online – Swinburne University (Online therapy modules for treatment of a range of mental health disorders; anxiety, depression, OCD, social anxiety, panic disorder, PTSD. Ages 16+
<https://www.mentalhealthonline.org.au/>

Apps – Download for free in iTunes or Google Play

Smiling Minds – Mindfulness
Reachout Worry Time – Anxiety
Mood Mission
Calm – Sleep & Relaxation

Habit Bull – Behaviour Management
Super Better – Resilience
Check-in Beyond Blue
Mind Shift – Mood Management

