

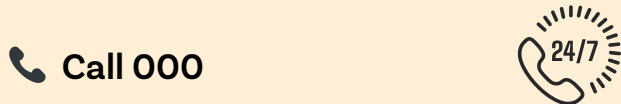
Emergency mental health services

For parents and carers in Perth, Western Australia



If you're struggling, you deserve support. You are not alone.


Immediate danger



Call 000

Call 000 if:

- You feel at immediate risk of harm
- You are experiencing suicidal thoughts
- Someone's safety is at risk right now


 Go to your **nearest emergency department**.

Urgent mental health support

**Mental Health
Emergency Response Line**



For parents, carers and adults experiencing a mental health crisis

Metro:  **1300 555 788**


Peel:  **1800 676 822**

Country WA:  **1800 552 002**

24/7 mental health crisis support and advice.

Talk to someone now (any time, any reason)


Lifeline WA

 **13 11 14**



24/7 crisis support if you're feeling overwhelmed, distressed or unsafe


Beyond Blue

 **1300 22 4636**



24/7 support for anxiety, depression, burnout and emotional distress


Suicide Call Back Service

 **1300 659 467**



24/7 counselling for people experiencing suicidal thoughts. Also available for carers, partners and family members.


**WA family & domestic
violence helpline**

 **1800 007 339**



24/7 confidential support for anyone experiencing family or domestic violence. Available for people in unsafe or controlling situations, including carers.


13YARN

 **13 92 76 (13YARN)**



24/7 crisis support line with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.

Crisis Care

 **1800 199 008**

WA's after hours response to reported concerns for a child's safety and wellbeing and information and referrals for people experiencing crisis and homelessness.

Mental health care support

For parents and carers in Perth, Western Australia



If you're struggling, you deserve support. You are not alone.

These are not crisis services.

Mental Health Care Plan

Seeing your GP can help you access Medicare-subsidised mental health support.

A GP can:


- Assess your mental health
- Create a Mental Health Care Plan
- Refer you to a psychologist, counsellor or social worker

This is an appropriate and important step if stress, anxiety or burnout are ongoing.

Carers WA (Carers Gateway)

Support for unpaid carers, including parents of children with disability:

- Short-term practical supports
- Counselling and emotional support
- Carer support groups
- Respite services
- Help navigating systems and services


 **1800 422 737**

 carerswa.asn.au


Rippleability

Specialist support for families navigating complex disability, health, education and NDIS systems, including:

- Telehealth psychology for parents and carers
- Respite centre

 **0431 287 807**

 info@rippleability.org

 rippleability.org


Private Inpatient Psychiatric Care

Private psychiatric hospitals operate in WA including Perth Clinic, Hollywood Hospital and the Marian Centre.

- A one-off waiting period exemption may apply to private psychiatric hospital cover in some circumstances (check with your health fund for more information)
- Your GP or psychiatrist can discuss eligibility and referral pathways
- This can be an option during periods of severe distress or crisis

Step Up / Step Down Joondalup

Short-term residential mental health support for 16 years and over who are at risk of being admitted to hospital (step up) or transitioning back into the community after leaving hospital (step down).

 **(08) 6200 9165**

 neaminational.org.au

Adult Hospital in the Home (HITH)

Short-term in-home intensive mental health assessment, treatment and management for up to 14 days.

 **(08) 6383 1120**

 MHPHDSAdultHITH@health.wa.gov.au

 health.wa.gov.au

Parenting, carer & disability-specific support

Perth, Western Australia




If you're struggling, you deserve support. You are not alone.

Carers WA (Carers Gateway)

Support for unpaid carers, including parents of children with disability:

- Short-term practical supports
- Counselling and emotional support
- Carer support groups
- Respite services
- Help navigating systems and services


 **1800 422 737**

 carerswa.asn.au


Rippleability

Specialist support for families navigating complex disability, health, education and NDIS systems, including:

- Paediatric intensive navigation support
- Respite centre
- Support coordination
- Telehealth psychology for parents and carers

 **0431 287 807**


 info@rippleability.org

 rippleability.org

Developmental Disability WA

Support for families raising children living with disability, developmental delay, autism, genetic, rare, undiagnosed and/or chronic conditions:

- Individual advocacy
- Family peer support for families experiencing behaviour which could be seen as challenging


 **(08) 9420 7203**

 ddwa@ddwa.org.au

 ddwa.org.au

Communities Inclusion Connection Team

Helps people find the right mainstream and specialised services (disability, family support, mental health) via a “no wrong door” approach.

 **1800 622 258**

 InclusionConnect@communities.wa.gov.au

 wa.gov.au

Kiind

Support for families raising children living with disability, developmental delay, autism, genetic, rare, undiagnosed and/or chronic conditions:


- Peer navigation service
- Parent support group
- Hospital support

 kiind.com.au

Ngala Parenting Line

Advice line for any parenting challenges for kids 0-18 years, 8am to 8pm




 **(08) 9368 9368**

Autism Connect

National autism helpline 8am to 7pm, Monday to Friday



 **1300 308 699**

Disability advocacy and legal support services

For parents and carers Perth, Western Australia




If you're struggling, you deserve support. You are not alone.

Developmental Disability WA

Individual advocacy in the areas of education, employment, recreation, guardianship, health, disability services (including NDIS) and communication disability (complex communication needs).

Specialist education advocacy for WA families with children with developmental and intellectual disability with support from the WA Department of Education.

 (08) 9420 7203


 ddwa@ddwa.org.au


 ddwa.org.au


Legal Aid WA

Free or low-cost legal information and advice including:

- Disability-related matters
- NDIS Administrative Review Tribunal (ART) appeal advice and support
- Family, education and discrimination issues

 1300 650 579


 1800 319 803 (Legal Yarn)

 legalaid.wa.gov.au

People With Disabilities WA (PWDWA)

Disability advocacy and rights-based support, including help with:

- Accessing appropriate supports
- NDIS and service issues
- Systemic advocacy

 pwdwa.org

Midlas


Disability advocacy including:

- NDIS appeals
- Attending Administrative Review Tribunal conferences and hearings with you
- Referring to legal services when needed for complex legal issues
- Discrimination and human rights in relation to disability

 midlas.org.au

Sussex Street Community Law Service


Individual Disability Advocacy Service for people with disabilities, their family members and carers. Assistance with appeals both at internal review and Administrative Review Tribunal (ART) reviews.

 (08) 6253 9500

 sscls.asn.au

Kin Disability Advocacy

Support for Culturally and Linguistically Diverse families to navigate NDIS.

 kinadvocacy.org.au

Uniting WA Your Say

Disability advocacy service.

 unitingwa.org.au