



To find more youth services, scan this QR code or go to <https://wayouthservicesdirectory.org.au/>



Support for young people

This is a list of organisations that help young people in many different ways.

<p>Lifeline 13 11 14 Text line: 0477131114 lifeline.org.au</p>	<ul style="list-style-type: none"> • Telephone crisis support service • Open 24 hours a day, 7 days a week • You can call from a landline, payphone or mobile • Free and confidential
<p>Kids Helpline 1800 551 800 kidshelp.com.au</p>	<ul style="list-style-type: none"> • Telephone and online counselling service • For young people aged 5 to 25 • Open 24 hours a day, 7 days a week • Free and confidential
<p>Beyondblue 1300 22 4646 youthbeyondblue.com</p>	<ul style="list-style-type: none"> • Telephone helpline open 24 hours, 7 days a week • Online chat from 3pm to 12am, 7 days a week • Email and get a response within 24 hours • Helps people with anxiety and/or depression
<p>ReachOut.com au.reachout.com</p>	<ul style="list-style-type: none"> • Online youth mental health service • Helps young people under 25 with everyday questions through to tough times
<p>QLife 1800 184 527 Qlife.org.au</p>	<ul style="list-style-type: none"> • LGBTQIA+ peer support and referral • Free and anonymous telephone and webchat support • 3pm to midnight everyday • For people wanting to talk about sexuality, identity, gender, bodies, feelings, or relationships (and more)
<p>Crisis Care Helpline 1800 199 008 / 9223 1111 entrypoint.com.au/crisis-care-perth</p>	<ul style="list-style-type: none"> • Telephone crisis support service • Open 24 hours a day, 7 days a week • Addresses child protection concerns, family and domestic violence, suicidal ideation, and homelessness
<p>Headspace (Albany) 1800 650 890 Albany: 9842 9871 headspace.org.au headspace.org.au/eheadspace/</p>	<ul style="list-style-type: none"> • Provides mental health services for young people aged 12 to 25 at free or low cost • Closest office is Shops 9-11 St Emilie Way, Albany • eheadspace provides free online and telephone support to young people
<p>Great Southern Community Alcohol and Drug Service (Palmerston) – Denmark 9892 2100</p>	<ul style="list-style-type: none"> • Free and confidential service • For people aged 14 and over, their carers and families • Provides individuals and families with alcohol and other drug treatment and support services • Open by appointment

<p>Denmark Community Resource Centre 9848 2842 denmarkcrc.com.au</p>	<ul style="list-style-type: none"> • Free internet, printing support, IT support • Centrelink and some Medicare services • Free hardship support for those experiencing homelessness or risk of homelessness • Open weekdays 9am – 4pm
<p>Relationships Australia – Albany 6164 0530 relationshipsaustralia.org.au</p>	<ul style="list-style-type: none"> • Provides safe and confidential spaces to address behavioural, social, emotional and learning problems experienced by children, young people and their families • Services include counselling, mental health support, LGBTQIA+ support, Aboriginal community support, CaLD services, parenting and family relationships support • Open Monday, Tuesday, Thursday and Friday 9am-5pm and then 9am-8pm on Wednesday's
<p>Young House 9842 2082 aysa.org.au</p>	<ul style="list-style-type: none"> • Young House is a safe space for young people aged 15-25 and welcomes young people who are homeless or at risk of homelessness. People can live at the refuge for up to three months, during which time they will receive support from youth workers to: develop independent living skills; connect with education and employment opportunities; move towards a return to home (where possible), or independent living. • Referrals are accepted from agencies and individuals at short notice • Open 24 hours a day, seven days a week
<p>Albany Women's Centre 9845 6000 anglicare.org.au</p>	<ul style="list-style-type: none"> • Provides crisis and emergency accommodation, crisis counselling and domestic violence counselling • Open weekdays 9am – 5pm
<p>Salvation Army Crisis Centre 9841 1068</p>	<ul style="list-style-type: none"> • Provides crisis and emergency accommodation support • Bulk bill with conditions, fees may apply • Open weekdays 8.30am – 4.30pm

You may also like to think about other supports you can use in your community such as a local GP, school psychologist or chaplain, or other supportive adults.