



## Child Development Service



### Services and resources for challenging mental health situations

**Please note: the Child Development Service does not provide emergency mental health services.**

If you or someone you know is in a mental health crisis, access these services:

Organisation	What is offered?	Service type and availability
Emergency	<b>For anyone</b> where life is in immediate danger.	<b>000</b> (24/7)
CAMHS Crisis Connect ( <a href="http://cahs.health.wa.gov.au/CAMHS-ETS">cahs.health.wa.gov.au/CAMHS-ETS</a> )	Telephone and videocall support <b>for children and young people</b> in the Perth metropolitan area who are experiencing a mental health crisis and advice for families.	Call: <b>1800 048 636</b> (24/7)
Hospital Emergency Departments	Perth Children's Hospital ( <a href="http://pch.health.wa.gov.au">pch.health.wa.gov.au</a> ) – <b>for children and young people</b> . Local hospitals – <b>for anyone</b> .	Visit PCH: 15 Hospital Ave, Nedlands
Lifeline WA ( <a href="http://wa.lifeline.org.au">wa.lifeline.org.au</a> )	Confidential support provided by trained Crisis Supporters <b>for anyone</b> experiencing a personal crisis, contemplating suicide, or caring for someone in crisis.  Crisis support available via phone, text, or online chat.  Create a personal safety plan for crisis or distress with the <a href="#">Beyond Now suicide safety plan app</a> .	Call: <b>13 11 14</b> (24/7) Text: <b>0477 13 11 14</b> (24/7) Online chat: <a href="http://lifeline.org.au/crisis-chat">lifeline.org.au/crisis-chat</a> (24/7)
Mental Health Emergency Response Line ( <a href="http://mhc.wa.gov.au">mhc.wa.gov.au</a> )	Telephone support <b>for anyone</b> (mainly adults) in the Perth metropolitan area experiencing a mental health crisis. Clinicians can provide assessment, crisis support, information and advice, and if required, referral to a local mental health or emergency service.	Metro: <b>1300 555 788</b> (24/7) Peel: <b>1800 676 822</b> (24/7) TTY: <b>1800 720 101</b> (24/7)



#### Need an interpreter?

Phone the [Translating and Interpreting Service \(TIS\)](#) on **131 450** (24/7)



**For mental health and wellbeing support, access these services and resources:**

Organisation	What is offered?	Service type and availability
General Practitioners (GP)	<b>For anyone</b> who needs ongoing support or referral, and/or to discuss a Mental Health Treatment Plan. Medicare rebates available for psychological appointments with psychologists and some other professionals.	GP's phone number:
Beyond Blue ( <a href="http://beyondblue.org.au">beyondblue.org.au</a> )	<b>For anyone</b> looking for confidential brief counselling. Provides information, advice, support and referrals.	Call: <b>1300 224 636</b> (24/7) Online chat: <a href="http://beyondblue.org.au/support-service/chat">beyondblue.org.au/support-service/chat</a> (24/7)
Head to Health ( <a href="http://headtohealth.gov.au">headtohealth.gov.au</a> )	<b>For anyone</b> looking for digital mental health resources. Provided by the Australian Department of Health and Aged Care. Visit <a href="#">Languages other than English</a> .	Trusted website and digital resources
headspace ( <a href="http://headspace.org.au">headspace.org.au</a> )	Provides mental health resources and services <b>for young people</b> (12 to 25 years) and their families. <a href="#">Find a centre near you</a> .	Call: <b>1800 650 890</b> (9am-1am AEST, 7 days) Online chat: <a href="http://headspace.org.au/log-in">headspace.org.au/log-in</a> (9am-1am AEST, 7 days)
<i>healthdirect</i> ( <a href="http://healthdirect.gov.au">healthdirect.gov.au</a> )	<b>For anyone</b> who needs health advice or to find a GP, pharmacy, emergency departments, hospital or psychologist.	Call: <b>1800 022 222</b> (24/7)
Kids Helpline ( <a href="http://kidshelpline.com.au">kidshelpline.com.au</a> )	<b>For children and young people</b> aged 5 to 25 years. Provides a free, confidential phone and online counselling service for any issue. Also provides an online peer support group for 13 to 25 year olds.	Call: <b>1800 551 800</b> (24/7) Online chat: <a href="http://kidshelpline.com.au/get-help/webchat-counselling">kidshelpline.com.au/get-help/webchat-counselling</a> (24/7)

For more information about the metropolitan **Child Development Service** phone 1300 551 827 or visit [cahs.health.wa.gov.au/ChildDevelopment](http://cahs.health.wa.gov.au/ChildDevelopment)

This document can be made available in alternative formats on request for a person with a disability.

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