

Emergency and consultation contacts for parent/carer/student support

Telephone 000 for emergencies

Emergency and consultation contacts for parent/carer/student support	Contact
Child and Adolescent Health Service Emergency Telehealth Service (Metropolitan children and young people 8am to 2.30am 7 days)	1800 048 636
Child Protection and Family Support Crisis Care Service (24/7)	9223 1111
Headspace - headspace.com.au	1800 650 890
Family Counselling and Information Service (24 hours)	1800 643 000
QLife (3pm to midnight)	1800 184 527
Kinds Help - kidshelp.com.au	1800 551 800
Kids Helpline (Parents)	1800 654 432
Lifeline - lifeline.org.au	13 11 14
Rural Link - mhc.wa.gov.au	1800 552 002
Suicidecallbackservices.org.au (24 hours)	9223 1100
Local Bunbury Hospital	9722 1000
Local Child and Adolescent Mental Health Service	1800 048 636
Additional Resources	
Beyond Blue – beyondblue.org.au	
Black Dog Institute – blackdoginstitute.org.au	
Everymind – everymind.org.au	
Headspace – headspace.com.au	
Perth Aboriginal Services – Mental Health – healthywa.wa.gov.au	
Reach Out – reachout.com	
Sane Australia – sane.org	
SWAMS – swams.com.au	

People of any age in country areas, attend local hospital emergency department, 24 hours.