

South West Alcohol, Drug and Mental Health Youth Support Services

South West Mental Community Alcohol and Drug Service (CADS) - 9729 6700

9.00 am - 4.00 pm M/T/W/Fr | 9.00 am - 7.00 pm Thurs

South West Infant Child & Adolescent Mental Health Service (ICAMHS) - 1800 048 636

24 hours | 7 days a week

Helping Minds - 1800 811 747

8.30 am - 4.30 pm | Mon - Fri

South West Aboriginal Medical Service (SWAMS) - 9726 6000

9.00 am - 5.00 pm | Mon - Fri

headspace - 6164 0680 or chat online - headspace.org.au

8.30 am - 4.30 pm M/T/Th/F | 8.30 am - 7.30 pm Wed

Lifeline - 13 11 14

24 hours | 7 days a week crisis support

Kids Helpline - 1800 551 800

24 hours | 7 days a week

Alcohol & Drug Support Line - 1800 198 024

24 hours | 7 days a week

13YARN - 13 92 76

24 hours | 7 days a week, culturally safe

1800 RESPECT - 1800 737 732

24 hours | 7 days a week

Here For You - 1800 437 348 (16+ years)

7am - 10 pm | 7 days a week

ReachOut PeerChat - au.reachout.com/peerchat (16+ years)

1.00 pm - 6.00pm Mon - Th | 9.30 am - 2.30 pm Fri

HOLYOAKE