



Exmouth

DISTRICT HIGH SCHOOL

A beacon of learning, an ocean of opportunities

Exmouth Mental Health and Emergency Relief Support Services

Emergency Assistance	
Fire, Ambulance, Police	000 for immediate assistance
Exmouth Police	131 444

Shire of Exmouth 9949 3000

Exmouth Service Providers		
Exmouth District High School School TV	https://exmouthdhs.wa.schooltv.me	SchoolTV is an online resource designed to empower you as parents with credible and sound information with realistic, practical ongoing support strategies to support raising happy, well and resilient young people. It covers issues including parenting, mental health, cyber safety, social media, drugs and alcohol, sleep, diet and nutrition, and other issues.
EXMOUTH HEALTH SERVICE (Exmouth Hospital) Lyon Street Exmouth	9949 3666	Phone: (08) 9949 3666 Phone option #1 = book doctor or nurse Phone option #5 = Child Health Nurse – Julie Armstrong Phone option #6 = Mental Health Nurse Phone option #7 = Social Worker - Dawn Ward Hold = switchboard/administration
 <p>Centacare Family Support Services Exmouth 17 Payne Street</p>	<p>9949 2555</p> <p>PHONE AND TELEHEALTH SERVICES BY APPOINTMENT ONLY Monday – Thursday 9.00am – 5.00pm</p> <p>admin@centacareexmouth.org.au</p>	<p>Counselling Service – Sally Eves Centacare Family Services offers confidential counselling to individuals, couples and families seeking help with a wide range of issues or concerns including: marital and family relationship problems, stress and anxiety, depression, unresolved grief, problems with their own or others use of alcohol/dugs, personal growth and making a good relationship better. Counselling services are available for children, young people and adults.</p> <p>Financial Counselling A confidential service offering free, independent information, option and advocacy to help people develop skills, knowledge and confidence to take control of their own financial situation. Emergency relief.</p>
Exmouth Hard-Times Support Network (WA)	Cheryl 0419 640 428 Jana 0473 333 787 Rylie 0425 842 813	Support and food hampers for people in need. Check out their face book page.
Exmouth Christian Fellowship	9949 1911	Providing support for people in need – phone support, food, and help to find accommodation.
Exmouth Anglican Church	9949 1694	Providing pastoral care and support for those in need
St Johns Catholic Church Exmouth	9949 1007 0417 920 287	Providing pastoral care and support for those in need.

Visiting Services to Exmouth		
CHILD ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)	9941 6600 8.30am – 4.30pm Weekdays	Providing phone services for children and adolescents birth to 18yo with moderate to high risk mental health issues. CAMHS worker – Holly Biel
COMMUNITY ALCOHOL AND OTHER DRUG SERVICE (CAODS)	9941 0545 8.30am – 4.30pm Weekdays	Providing phone counselling for support with alcohol and other drug issues. CAODS worker: Taryn Duncan
 ngala. <i>Raising happiness</i>	NGALA Parenting Line 1800 111 546 8am – 8pm 7 days	Ngala offer a range of community and residential services across Western Australia which support local communities. Services range from private consultations to access to our Parenting Line. Ngala's services have been developed to provide support for all parents and carers with children from conception to adulthood.

Mental Health and Wellbeing Support		
 Kids Helpline	1800 650 890	Kids Helpline is Australia's free, private and confidential 24/7 phone and online counselling service for young people between the ages of 5 and 25.
Rurallink	1800 552 002	After hours' mental health telephone support. They provide a single point of contact providing information, advice, assessment, and where required, referrals to other mental health services.
 headspace <small>National Youth Mental Health Foundation</small>	1800 650 890	Early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing.
 Lifeline <small>Saving Lives</small> <small>Crisis Support. Suicide Prevention.</small>	13 11 14	Confidential 24 hour crisis support and suicide prevention.
 Samaritans	13 52 47	24/7 crisis support in relation to relationship/family, grief, financial, school, illness, substance use and thoughts of suicide.
 youth beyondblue	1300 224 636	Youth Beyond Blue-24/7 support for individuals aged 12-25 years who are or knows a friend experiencing a difficult time with their mental health and wellbeing. Beyond Blue-provides 24/7 support to all individuals.
 Government of Western Australia Department of Communities Child Protection and Family Support	1800 199 008	Access afterhours support when dealing with a crisis-problem, concerned about the welfare of a child, domestic violence and homelessness.

	1300 659 467	24 hour free counselling support for those affected by suicide.
	1800 199 888 (Emergency after a sexual assault) 08 6458 1828	8.30am to 11pm- crisis counselling for individuals aged 13years and older who have been affected by sexual assault or a family member/partner who has experienced sexual violence.
	1300 789 978	Telephone counselling service for men with emotional health and relationship concerns.
	1800 184 527	Telephone support 3pm to midnight, 7 days/week. Anonymous and free LGBTI support for individuals wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Online Mental Health and Wellbeing Support

	https://headspace.org.au/eheadspace/	Free online support and counselling to young people 12 - 25 and their families and friends
	https://www.lifeline.org.au/get-help/online-services/crisis-chat	Crisis support chat available Monday to Sunday during 4pm-9pm
	https://kidshelpline.com.au/get-help/webchat-counselling/	Kids Helpline is Australia's confidential 24/7 online counselling service for young people aged 5 to 25 years old.
	https://mindspot.org.au/	Free online support to adults experiencing difficulties with anxiety, stress, depression and low mood.
	www.youthbeyondblue.com/help-someone-you-know/what-to-do-in-an-emergency/get-immediate-support	3pm-12am 7 days a week for all individuals aged 12 years and above experiencing difficulties in their mental health and wellbeing.

	www.suicidecallbackservice.org.au/phone-and-online-counselling/suicide-call-back-service-online-counselling/	24/7 online support for individuals affected by suicide
	https://mensline.org.au/phone-and-online-counselling/	Online counselling service for men with emotional health and relationship concerns.
	www.pregnancybirthbaby.org.au/video-call	Video call 4am -9pm Monday to Sunday support with a Maternal Child Health Nurse for guidance and advice on pregnancy, being a parent and raising a child
	https://m2.icarol.com/ConsumerRegistration.aspx?org=61795&pid=253&cc=en-US	Webchat support 3pm to midnight, 7 days/week. Anonymous and free LGBTI support for individuals wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Free Mental Health and Wellbeing Apps

	Headspace: Meditation and Sleep provides you with a guide to everyday mindfulness in a few minutes. Choose from hundreds of guided meditations from managing stress and anxiety to sleep, productivity, exercise and physical health.
	Smiling Mind is a mindfulness and meditation app to help you bring balance into your life. The age-appropriate programs are designed to assist you in dealing with pressure, stress and challenges of daily life.
	Uplifter app is a simple and quick way to improve your positivity, gratitude and happiness. With prompts to complete a gratitude journal, track your mood and review daily inspiring and motivational quotes.
	Check-in app helps to take the fear out of having a conversation with a person who is struggling. The app provides you with simple steps to approach the person you care about, suggest what you could say and how you can offer support.
	Beyond Now suicide safety planning app assist you to create your own suicide safety plan; a plan to keep you safe when you are experiencing suicidal thoughts.



Calm Harm provides you with tasks that help you resist or manage the urge to harm.

Parenting and Family support

 <p>NATIONAL DEBT HELPLINE 1800 007 007 ndh.org.au</p>	1800 007 007	Financial counselling and support Monday to Friday 9.30am-4.30pm
 <p>Regional Alliance West</p>	08 9938 0600	Free information, potions and support for individuals experiencing financial difficulties. Emergency Relief support can be provided and used for food, accommodation, utilities and medical support.
 <p>synergy WATER CORPORATION</p>	Telstra- 13 22 00 Synergy- 13 13 53 Water- 13 13 85	If experiencing difficulties in making payment, contact the company and you will be able to negotiate a payment plan. Telstra- https://www.my.telstra.com.au/myaccount/payment-extension Synergy- https://selfserve.synergy.net.au/payment-extension.html##step1 Water- https://www.watercorporation.com.au/my-account/i-want-to/extend-due-date#/form/5e746ff3a0a5b726b41ea56f/app/5e8148c0fe2a950fdcca540c
 <p>ngala. <i>Raising happiness</i></p>	08 9368 9368	Telephone parenting support to parents with children aged 0 to 18 years
 <p>Triple P Positive Parenting Program <i>for every parent</i></p>	www.triplep.net/global/home/	Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's/teenager's behaviour and prevent problems developing in the future.
 <p>PANDA Perinatal Anxiety & Depression Australia</p>	1300 726 306	Perinatal anxiety and depression helpline in Australia for women, men and family affected by mental health difficulties when expecting a baby or within the first year after birth. Monday to Friday 7am to 4.30pm.
 <p>pregnancy birth&baby 1800 882 436</p>	1800 882 436	4am -9pm Monday to Sunday support with a Maternal Child Health Nurse for guidance and advice on pregnancy, being a parent and raising a child.

 <p>sands miscarriage, stillbirth and newborn death support</p>	1300 072 637	24 hour support for women and families after a miscarriage or the loss of a new born.
 <p>Child and Parent Centres</p>	1800 111 546	8am to 8pm, 7 day/week parenting support via telephone.
 <p>Desert Blue Connect</p>	08 9964 2742	Women medical health service, counselling, relationship and family support and advocacy service
 <p>1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE Call 1800 737 732 for counselling, information and support 24/7</p>	1800 737 732	Australia's national sexual assault, domestic and family violence counselling, information, and referral service. Providing free and confidential support 24 hours a day, every day of the year. Online support- https://www.1800respect.org.au/

Health and Medical Support		
National Coronavirus Helpline	1800 020 080	Seeking information on coronavirus. Operates 24 hours a day, seven days a week.
Healthdirect	1800 022 222	After hours telephone based GP service Monday to Friday 6pm-7.30am, Saturday from Midday

Medical Apps	
 <p>WhatsApp</p>	The Australian Government information service is providing the latest information and guidance about the Coronavirus response.
	<p>The Australian Government Coronavirus app provide you with:</p> <ul style="list-style-type: none"> ➤ official up to date information and advice ➤ important health advice to help stop the spread and stay healthy ➤ snapshot of current official status within Australia ➤ check symptoms for yourself or others ➤ find relevant contact information
 <p>healthdirect</p>	<p>Australia's free health app where you can:</p> <ul style="list-style-type: none"> ❖ Check your symptoms and get advice on your next step ❖ Find a health service near you ❖ Find trusted health related information ❖ Find help in the case of an emergency