

ALTERNATIVE LOW COST COUNSELLING SERVICES



GENERAL SERVICES

CENTRECARE INC
456 Hay Street Perth
Phone: 9325 6644

Opening Hours: 9am-5pm Mon-Fri
9am-8:30pm Tues & Thurs

Services: Counselling for general personal, family & workplace issues.

Referral Criteria: Do not provide crisis counselling

Cost: Sliding Scale

LIFELINE COUNSELLING SERVICES

57 Murray Street, Perth
Phone: 9261 4451

(24hr crisis line 13 11 14)

Opening Hours: 9am-5pm Mon-Fri
Wed evening / Sat Morning

Services: General family & relationship counselling provided by qualified counsellors. Also have a program supporting separated fathers & their children with counselling, paralegal help, family support & social activities.

Cost: Sliding Scale

INNER CITY COMMUNITY MENTAL HEALTH SERVICE

70 Murray Street, Perth
Phone: 9224 1720

Opening Hours: 8:30am-5pm Mon-Fri

Services: provides treatment and management of people suffering from acute or enduring serious mental illness

Referral Criteria: 18-65 years of age, living within catchment area, severe psychiatric illness, can also be patients discharged from hospital and subject to Mental Health Act.

KINWAY & WORKING RELATIONSHIPS (ANGLICARE)

23 Adelaide Terrace, East Perth

Phone: 9263 2050

Opening Hours: 9am onwards Mon-Fri

Services: Relationship and family counselling provided by qualified psychologist & social workers

Cost: Sliding Scale

ARAFMI

- 182-188 Lord Street, Perth
- Swan Adult Mental Health Unit, Evelyn Road, Midland

Phone: 9427 7100

RELATIONSHIPS AUSTRALIA

- 27 The Crescent, Midland
 - Phone: 9250 1252
- 15 Cambridge Street, West Leederville
 - Phone: 9489 6363
- Hay Street Mall, 713 Hay Street, Perth
 - Phone: 9278 4000

Services: General family and relationship counselling

Cost: Sliding Scale

WOMENS' SERVICES

MIDLAND WOMEN'S HEALTH CARE PLACE

4 The Avenue, Midland

Phone: 9250 2221

Opening Hours: 9am-4pm Mon-Fri

Services: Provide general counselling services for women by qualified female practitioners.

Referral Criteria: Voluntary women aged 16+

Cost: \$15-\$40 on a sliding scale

WOMEN'S HEALTH CARE HOUSE

100 Aberdeen Street, Northbridge

Phone: 9227 8122

Opening Hours: 9am-5pm Mon-Fri

Services: General counselling services

Cost: Sliding Scale

DRUG & ALCOHOL SERVICE

SALVATION ARMY – BRIDGE HOUSE

15 Wright Street, Highgate

Phone: 9227 8086

Opening Hours: 24 hours, 7 days

Services: Family & community based counselling for people with drug/alcohol related issues

Cost: Free

PERTH COMMUNITY DRUG SERVICE TEAM

318 Fitzgerald Street, Perth

Phone: 9328 9200

Opening Hours: 9am-5pm Mon-Fri

Services: Drug & alcohol counselling provided by Social Workers and Psychologists

Referral Criteria: Voluntary admissions & GP referral

Cost: Free

NORTH-EAST COMMUNITY DRUG SERVICE TEAM

Oake House, 14 Sayer Street, Midland

Phone: 9274 7055

Opening Hours: 9am-5pm Mon-Fri

Evening appts available Wed

Services: Drug & alcohol counselling, provided by AOD Counsellors, Social Workers & Psychologists

Referral Criteria: Own or significant other's substance use: self or GP Referral

Cost: Free

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NEXT STEP DRUG & ALCOHOL SERVICES

32 Moore Street, East Perth

Phone: 9219 1919

Services: Provides a comprehensive range of outpatient services from Moore Street – encompassing triage, assessment, treatment & referral, includes: telephone assessment line for initial assessment of clients, outpatient withdrawal, pharmacotherapy, case management, shared care, counselling & group therapy. Clinical services are provided through a multi-disciplinary team.

Cost: Free (for Medicare Card Holders)

ABORIGINAL ALCOHOL AND DRUG SERVICE

211 Royal Street, East Perth

Phone: 9221 1411

Services: Provides help, including counselling, education, parenting, anger management and grief counselling to Aboriginal people in relation to alcohol and substance misuse by appointment only.

Cost: Free

PERTH WOMENS CENTRE (PWC)

WOMEN'S HEALTH CARE ASSOCIATION SUBSTANCE ABUSE PROGRAM

122 Aberdeen Street, Northbridge

Phone: 9227 9032 / 9227 5762

Freecall: 1800 246 655

Opening Hours: 8:30am-4:30pm Mon-Fri
8:30am-8:30pm Tuesday

Service: Provides individual counselling, group work, education & information for women with dependency problems & those who are concerned about their partner's or children's drug use. Couples counselling offered where appropriate. Outreach worker available. Creche is available.

Cost: Sliding scale for counselling, activities no cost.

YOUTH SERVICES

SWAN CITY YOUTH SERVICE

Cnr Keane & Morrison Road, Midland

Phone: 9274 3488

Opening Hours: 9am-4pm Mon
9am-7pm Tue-Wed
10am-7pm Thu-Fri

Services: Support and outreach programs for disadvantaged young people 12-24 years. Including those with substance abuse issues, homelessness and young offenders.

Cost: Free

SEEN & HEARD: PARKERVILLE CHILDREN AND YOUTH CARE (INC)

Beacon Road, Parkerville

Phone: 9295 6352

Services: Seen & Heard is funded by the Shire of Mundaring and delivered by Parkerville and Youth Care providing a range of youth events and activities for young people aged 12-20 living within the shire.

Cost: Some services free, some low cost

YMCA: LYNKS YOUTH & FAMILY COUNSELLING

Jewel House, 180 Goderich Street, Perth

Phone: 9325 4245

Opening Hours: 9am-5pm Mon-Fri

Services: Approaches include psychotherapy, psychology, psychodrama, occupational therapy and social work

Referral Criteria: For young people 12-25 years or members of their family

Cost: sliding scale

YOUTH FOCUS

54 Goodwood Parade, Burswood

Phone: 9361 4222

Opening Hours: 9am-5pm Mon-Fri
Referrals – 9am-12pm

Services: Provides early intervention services towards the prevention of youth suicide & self harm. Offers free individual counselling, family counselling, residential therapeutic camps, group work programs & mentoring.

Criteria: Any young person aged 12-18 years & their families who is showing early signs associated with suicide and self harm including anxiety, depression, PTSD, grief & loss, poor self esteem, social isolation, relationship difficulties and conduct problems.

Cost: Counselling/mentoring – free
Camps – contribution

YOUTHLINK

223 James Street, Northbridge

Phone: 9227 4300

Opening Hours: 8:30am-4:30pm Mon-Fri

Services: General counselling, provided by Psychologist and Social Workers

Referral Criteria: GP referral, youth aged 13-25 years

Cost: Free

SPECIALISED GROUPS

GROW – Mental Health Peer Support Group

Phone: 1800 558 268

Even Keel – Bipolar Support Group

Phone: 0422 166 687 / 9258 3211

From the Heart WA – Women with Perinatal Depression and family member - counselling

Phone: 9340 1622