



GUILD WELFARE

MENTAL HEALTH DIRECTORY

Navigating the mental health system can be extremely daunting and confusing given the wide range of services available, which is why the Mental Health Guide was developed to help you to better understand what kinds of services are out there and if they are for you.

The on-campus services may be particularly beneficial as a starting point for when you are feeling worried about your own or others' wellbeing, while the off-campus services may be more beneficial if you require more specialised supports.



FREE SERVICES

STUDENT ASSIST

Team of independent social workers and counsellors, confidential and with a low barrier of entry

PH: (+61) 8 6488 2295

WEB: <http://bit.ly/uwaguildsa>

ADDRESS: Guild Student Centre, Ground Floor, Guild Village

ACCESS DEPARTMENT

A new UWA department, representing UWA students with lived experience with disability, mental health, and medical conditions. Offering peer support groups and advocacy events.

EMAIL: access@guild.uwa.edu.au

ADDRESS: Guild Student Centre, Third Floor, Guild Village

UWA MEDICAL CENTRE

Can discuss management of mental health conditions, BULK BILLED for students with a Medicare card, International students billed directly to OSHC.

PH: (+61) 8 6488 2118

WEB: <http://bit.ly/uwamedcentre>

ADDRESS: 2nd Floor, South Wing, Guild Village

UWA ALCOHOL AND DRUG COUNSELLING SERVICES:

Often mental health and abuse of alcohol and other drugs can be linked, confidential, free appointments available about personal use or the use of others.

PH: (+61) 8 6488 2118

ADDRESS: 2nd Floor, South Wing, Guild Village

UWA EQUITY AND DIVERSITY:

Ensures UWA provides an equitable and inclusive environment for staff, students, and the broader community

WEB: <http://bit.ly/uwaequity>

ADDRESS: 1st Floor, Ken and Julie Michael Building

UWA CAMPUS SECURITY

For any danger to you or others, seek safety and call campus security

PH: (24hrs) 2222, from a landline on Crawley campus, otherwise (+61) 6488 2222, or 1800 655 222, free from public phones

WEB: <http://bit.ly/uwasecurity>

LOW COST/PAID SERVICES

UWA COUNSELLING AND PSYCHOLOGICAL SERVICES

UWA students, helping with personal mental health issues, as well as academic issues that play a part in mental health.

PH: (+61) 6488 2423

WEB: <http://bit.ly/uwacaps>

ADDRESS: 1st Floor, Student Central

UWA MEDICAL CENTRE - MENTAL HEALTH NURSE:

Available upon referral by a GP at UWA medical centre.

PH: (+61) 8 6488 2118

WEB: <http://bit.ly/uwamedcentre>

ADDRESS: 2nd Floor, South Wing, Guild Village

ROBIN WINKLER CENTRE

Low Cost Therapy on campus, No GP referral needed. Not Bulk Billed, first appointment \$35, following \$30. Neuropsychological Assessment \$320, fees paid on the day.

PH: (+61) 8 6488 2644

WEB: <http://bit.ly/uwa.rwc>

ADDRESS: 1st Floor, General Purpose Building 3

DEPRESSION/ANXIETY

FREE/LOW COST SERVICES

CURTIN UNIVERSITY ADULT PSYCHOLOGY CLINIC

Mood Management Program:

An 8-week group program for the treatment of anxiety and depression in adults. The group is based on cognitive behaviour therapy (CBT) and includes such things as learning relaxation skills, how to challenge unhelpful thinking and other strategies.

Obsessive-Compulsive Disorder (OCD) Treatment Program:

A specialist OCD treatment program offering the latest evidence-based treatments for OCD to clients.

Standard consultations cost \$45, Group programs cost \$25 and Cognitive assessments cost \$255.

PH: 9266 1717

Email: curtinclinics404@curtin.edu.au

WEB: healthsciences.curtin.edu.au/our-clinics/adult-psychology-clinic

CENTRE FOR CLINICAL INTERVENTIONS

Mood Management Course:

A specifically designed course to provide effective treatment for individuals currently suffering from anxiety and depression.

Specialist Group Program:

Cognitive behavioural group intervention for people with social phobia and social anxiety disorder.

Individual Therapy:

Interventions for disorders including Major Depressive Disorder, Panic Disorder, Social Anxiety Disorder.

All services are free.

PH: 9227 4399

Email: info.cci@health.wa.gov.au

WEB: cci.health.wa.gov.au/treatment/workshop.cfm?Treatment_ID=55

BEYONDBLUE

Promotes good mental health, tackles stigma and discrimination, and provides support and information on anxiety, depression and suicide to everyone in Australia.

Services include a(n):

24/7 call-line (with FREE Interpretation services) 1300 22 4636, online chat, 24-hour response cycle email and online forums.

PH: 03 9810 6100

WEB: beyondblue.org.au

PRIVATE SERVICES

PSYCHOLOGICAL HEALTH CARE

Panic Attack Counselling and Treatment:

Can help you to learn how to control panic attacks, so that they have less impact on your life. Treatments vary, according to the type of anxiety being experienced, and can go beyond the recovery of a current anxiety attack, to being able to help prevent a recurrence.

Grief Counselling:

If you're having trouble coping with the loss of a loved-one, grief counselling can help you to find ways to address and deal with the emotional pain, helping you to move forward with life in this new world without your loved-one in it.

Fees partially reimbursed by private health insurance and Medicare (with a GP referral and mental health care plan).

PH: 9275 9406 - Dianella head office

PH: 9448 5999 - Warwick office

WEB: psychologicalhealthcare.com.au

TRAUMA/PTSD/ASSAULT

FREE/LOW COST SERVICES

ANGELHANDS

Befriending (Trauma Recovery Angels) program:

Befriending is a supportive relationship offered to secondary victims of homicide and victims of serious personal violence (clients), to assist with the understanding and processing of trauma so as to promote their recovery.

CREW (creative recovery emergence workshops):

Learn skills, tools and strategies to identify and master the things you want to change about your responses to trauma and life.

PH: 92722242

Email: admin@angelhands.org.au

WEB: <https://angelhands.org.au/?v=fdd13832cd81>

SARC (SEXUAL ASSAULT RESOURCE CENTRE)

24-hour emergency sexual assault treatment (rape crisis):

Includes medical care, a forensic examination and counselling support to people who have been sexually assaulted (or raped) within the previous 14 days.

Counselling:

In centres across the Perth metropolitan area to people who have experienced sexual assault (rape) and sexual abuse in the past.

24 hour emergency line for recent sexual assault: 6458 1828/ 1800 199 888 (free land line call)

Emergency telephone counselling (8.30am -11.00pm daily): 6458 1828

All services are free.

PH: 6458 1820

WEB: kemh.health.wa.gov.au/services/sarc/index.htm

BLUE KNOT FOUNDATION

Blue Knot Helpline (9am-5pm Monday to Sunday, AEST):
1300 657 380

Professional short-term counselling support, information, referrals for ongoing support, support and guidance for engaging with the Royal Commission.

PH: 02 8920 3611

Email: admin@blueknot.org.au

WEB: blueknot.org.au

PRIVATE SERVICES

HOLLYWOOD CLINIC

Women's Trauma Day Program:

Designed specifically for women with a history of early developmental trauma.

Please consult private health insurance whether services are covered.

PH: 9346 6801

WEB: hollywoodclinic.com.au/Programs-and-Therapies/Womens-Trauma

PSYCHOLOGICAL HEALTH CARE

Sexual Abuse Related PTSD:

If you or a loved one has suffered the trauma of sexual abuse and are experiencing symptoms of PTSD, therapies are available to provide support and treatment towards recovery.

Car Accident PTSD Counselling:

The aftermath of a car accident can result in post-traumatic stress disorder and/or may have an impact on pain, the ability to work, pain and adjustment difficulties. Psychological treatment can be effective in dealing with these psychological difficulties and may result in getting back to a normal lifestyle.

Fees partially reimbursed by private health insurance and Medicare (with a GP referral and mental health care plan).

PH: 9275 9406 - Dianella head office

PH: 9448 5999 - Warwick office

WEB: psychologicalhealthcare.com.au

EATING/WEIGHT-RELATED DISORDERS

FREE/LOW COST SERVICES

CENTRE FOR CLINICAL INTERVENTIONS

Individual treatment:

A specialist community-based psychological service for individuals (aged 16 years and over) with an eating disorder – such as anorexia nervosa and bulimia nervosa.

Eating disorders support + skill building group for family & friends:

Free two-part group for carers, family members, and/or friends of people with eating disorders.

All services are free.

PH: 9227 4399

Email: info.cci@health.wa.gov.au

WEB: cci.health.wa.gov.au/treatment/index.cfm#

BUTTERFLY FOUNDATION

Butterfly's National Helpline ED HOPE (8am-12am AEST) 1800 334 673:

Is Australia's national eating disorders support service. The counsellors are experienced and professionally trained in supporting those affected by an eating disorder. They are well equipped to provide information and guidance on treatment options as well as referral pathways.

Email: Info@thebutterflyfoundation.org.au

WEB: thebutterflyfoundation.org.au

PRIVATE SERVICES

THE HOLLYWOOD CLINIC

Day Patient Program:

This program is suitable for patients 16+ with less severe eating disorders, or to reinforce gains made in a recent inpatient stay for an eating disorder.

Inpatient Program:

This inpatient service is suitable for patients 16+ who may not have responded well to outpatient therapy and require more intensive therapy.

Please consult private health insurance whether services are covered.

PH: 9346 6801

WEB: hollywoodclinic.com.au/Our-Programs/Eating-Disorder-Programs

THE SWAN CENTRE

Offers a range of therapies tailored towards supporting those with eating disorders such as bulimia nervosa and anorexia nervosa.

Partially reimbursed by private health insurance and Medicare (with a GP referral- mental health care plan).

(Medicare rebates are paid for the cost of ten appointments in a calendar year, with the rebate currently set at \$84.50 – \$124.50 per individual appointment).

PH: 9382 8775

Email: Reception@swancentre.com.au

WEB: swancentre.com.au

VIVID PSYCHOLOGY

Eating Disorder Help & Counselling:

Provides specialised treatment for individuals who are experiencing symptoms of Eating/weight-related disorders.

Treatment partially reimbursed by private health insurance and Medicare (with a GP referral- mental health care plan).

PH: 9226 3401

Email: admin@vividpsychology.com.au

WEB: vividpsychology.com.au

ALCOHOL AND OTHER DRUGS

FREE/LOW COST SERVICES

MISSION AUSTRALIA

Drug And Alcohol Youth Service (DAYS):

Provides young people and their families' access to a comprehensive range of free and confidential alcohol and other drug services.

PH: 9225 0400 - State office

PH: 9222 6300 - General enquiries

WEB: sd.missionaustralia.com.au/386-drug-and-alcohol-youth-service

HOLYOAKE

Counselling and support:

Free counselling and support for those affected by the misuse of alcohol or other drugs.

PH: 9416 4444 - Victoria park counselling and support

Email: clientservices@holyoake.org.au

PH: 9274 7055 - Midland counselling and support

Email: midland_reception@holyoake.org.au

WEB: holyoake.org.au

PALMERSTON

Offers a range of out-care services including counselling, interpreter services and support groups as well as residential services.

Counselling incurs a small fee.

Residential services cost approximately \$175 per week, paid two weeks in advance. There is a refundable \$50 room bond payable on entry, and \$27 on entry, for ambulance cover.

PH: 9328 7355 - Palmerston Perth

Email: perth@palmerston.org.au

WEB: palmerston.org.au

CYRENIAN HOUSE

North Metro Community Alcohol and Drug Service (NMCADS):

FREE and confidential service which provides individuals and their families with improved access to a comprehensive range of alcohol and other drug services.

All services are free.

PH: 9328 9200 - General Enquiries

Email: enquiry@cyrenianhouse.com

WEB: cyrenianhouse.com

NEXT STEP DRUG AND ALCOHOL SERVICES (NEXT STEP)

Provides a range of treatment services for people experiencing problems associated with their alcohol and other drug use, as well as support for families including Outpatient Services, Inpatient Withdrawal Units and a Community Pharmacotherapy Program (CPP).

All services are free.

Phone: 9219 1919 - Outpatient services (East Perth)

Phone: 9219 1919 - Inpatient withdrawal unit

Phone: 9219 1907 - CPP

WEB: mhc.wa.gov.au/about-us/our-services/next-step-drug-and-alcohol-services

SERVICES SPECIFICALLY FOR LGBTIQA+ STUDENTS

FREE/LOW COST SERVICES

QLIFE

Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

Services include a(n):

Call-line 1800 184 527, online chat (3pm-12am everyday), counselling and referral services.

Email: ask@qlife.org.au

WEB: qlife.org.au

FREEDOM CENTRE

Freedom Centre:

Is a safe place to meet other young people (under 26) who are LGBTIQA.

Isabelle Lake Memorial Fund:

Provides the opportunity for trans young people (under 30) in Western Australia to apply for funds to cover some costs of activities, services or goods that advance the health, education, and/or alleviate poverty for young people who are trans.

PH: 9482 0000 / 9228 0354

Email: info@freedom.org.au - FC Coordinator, Bryan

WEB: freedom.org.au

LIVING PROUD

Aims to promote the wellbeing of lesbian, gay, sex, queer, and other sexuality, sex, and gender diverse people in WA.

PH: 9486 9855

WEB: livingproud.org.au

RELATIONSHIPS

FREE/LOW COST SERVICES

RELATIONSHIPS AUSTRALIA

Offers a range of services for men, women, young people and children who have perpetrated, experienced or seen abuse in their families or in their relationships.

PH: 1300 364 277 - Appointments

PH: 6164 0190 - Counselling

WEB: relationshipsaustralia.org.au

ANGLICARE

Offers relationship counselling and Domestic Violence Advocacy Support Services as well as programs specifically for men to assist, empower and educate men on a variety of issues

PH: 1800 812 511 - Appointments

PH: 9263 2050 or 1300 11 44 46 - Relationship counselling (East Perth)

PH: 9821 9663 or 1800 818 593 - Domestic Violence Advocacy Support Service

WEB: anglicarewa.org.au

GENERAL WELLBEING/HEALTH

HEADSPACE

Services include a(n):

Call-line 1800 650 890, email, online chat

Headspace centres: headspace has centres located throughout Australia staffed with people who are trained and ready to help.

WEB: headspace.org.au

HELPING MINDS

Services include: free counselling, support groups, advocacy, and help with navigating mental health system.

PH: +61 (8) 9427 7100 or 1800 811 747 (free line)

WEB: youthlink.perthwa.net

YOUTHLINK

YouthLink provides specialist mental health counselling, consultation, training and community development.

PH: 1300 362 569

WEB: youthlink.perthwa.net

YOUTH FOCUS

General counselling

Peer Support Program:

Provides opportunities for young people to engage in therapeutic recreational or leisure based activities with other young people who have shared lived experiences.

Youth Focus Mentoring Program:

Supports young people aged 12 to 25 who may be experiencing early signs associated with suicide, depression, anxiety and self-harm.

PH: 6266 4333

WEB: youthfocus.com.au

SANE

Helpline 1800 18 7263:

Talk to a mental health professional over the phone.

Helpline chat:

Talk online to a mental health professional

Online factsheets:

About different mental disorders and general wellbeing

PH: 03 9682 5933

Email: info@sane.org

WEB: sane.org

SCHIZOPHRENIA

FREE/LOW COST SERVICES

DEPARTMENT OF HEALTH, GOVERNMENT OF WESTERN AUSTRALIA- YOUTH AXIS

Youth Axis:

Provides assessment and interventions for young people who have significant symptoms of a disorder but do not currently meet diagnostic criteria for Personality Disorders and/or psychotic disorders.

Ph: 9287 5700

Email: youthaxis@health.wa.gov.au

WEB: nmaahsmh.health.wa.gov.au/services/youth.cfm

GOVERNMENT OF WESTERN AUSTRALIA, EAST METROPOLITAN HEALTH SERVICE- CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Early Intervention In Psychosis Service (EIPS):

Is a community-based intensive case management service focusing on providing individualised, comprehensive care for young people with psychosis and their families.

PH: 9334 3863

Email: louise.splatt@health.wa.gov.au

WEB: bhs.health.wa.gov.au/Our-services/Service-Directory/Early-Intervention-in-Psychosis

PRIVATE SERVICES

HEADSPACE

HYEP - Headspace Youth Early Psychosis Program:

Offers early intervention and specialist support services to young people experiencing or at risk of psychosis.

PH: 9301 8999

Email: hYEPPReferral@headspacejoondalup.com.au

WEB: blackswanhealth.com.au/services/mental-health-services/hyep

PERTH VOICES CLINIC

Individual therapy:

Including CBT and imagery rescripting.

Group therapy:

Based on person-based cognitive-therapy.

PH: 0477 453 264 - Murdoch Clinic

Email: info@perthvoicesclinic.com.au

PH: 9274 8860 - Midland Clinic (Ages 12 - 25 only)

Email: laurasmith@perthvoicesclinic.com.au

WEB: perthvoicesclinic.com.au

MENTAL ILLNESS FELLOWSHIP OF WA

Early Intervention Recovery Program (EIRP):

Is intended for young people, aged 18-35 years, who have been diagnosed with first episode psychosis. The program aims to support participants to re-establish or maintain social, professional and educational networks.

PH: 9227 7751 - EIRP office

PH: 0439 559 837 - EIRP program manager

PH: 9228 0200 - MIFWA

Email: teameirp@mifwa.org.au

WEB: mifwa.org.au/index.php/our-services/youth-support

PERSONALITY DISORDERS

FREE/LOW COST SERVICES

CENTRE FOR CLINICAL INTERVENTIONS

Specialist Group Program:

CCI conducts an adjunctive cognitive behavioural group intervention for people with bipolar disorder.

All services are free.

PH: 9227 4399

Email: info.cci@health.wa.gov.au

WEB: cci.health.wa.gov.au/about/programs.cfm

DEPARTMENT OF HEALTH, GOVERNMENT OF WESTERN AUSTRALIA

Youth Axis:

Provides assessment and interventions for young people who have significant symptoms of a disorder but do not currently meet diagnostic criteria for Personality Disorders.

PH: 9287 5700

Email: youthaxis@health.wa.gov.au

WEB: nmaahsmh.health.wa.gov.au/services/youth.cfm

NORTH AND SOUTH METROPOLITAN AREA HEALTH SERVICES

Dialectical Behaviour Therapy (DBT) Programs and DBT Skills Groups:

The DBT Programs provide services for adults (18+), with a diagnosis of Borderline Personality Disorder who live in the north and some south catchment areas of Perth's metropolitan areas (Fremantle, Rockingham/Kwinana, Armadale, Joondalup /Clarkson).

PH: 9398 6600 - Armadale Mental Health Service

PH: 9431 3400 - Fremantle Mental Health Service

PH: 9304 6200 - Clarkson Community Mental Youth Service

PH: 9528 0600 - Peel & Rockingham Kwinana Mental

Health Service

PH: 9347 5700 - Swan Mental Health Service

WEB: projectairstategy.org/servicedirectory/waservicedirectory/index.html

PRIVATE SERVICES

COUNSELLING IN PERTH

Counselling for borderline personality disorder:

Masterson therapy is a psycho-dynamic treatment approach which is particularly beneficial for individuals with borderline personality disorder.

Counselling for narcissistic personality disorder

Partially reimbursed by private health insurance and Medicare (with a GP referral- mental health care plan).

PH: 0449 861 147

WEB: counsellinginperth.com.au

OSBORNE COMMUNITY MENTAL HEALTH SERVICE

Dialectical Behaviour Therapy (DBT) Programs and DBT Skills Groups:

Osborne Community Mental Health provides a comprehensive DBT program to adult women with a diagnosis of Borderline Personality Disorder.

PH: 9346 8388

WEB: oph.health.wa.gov.au/Services/MentalHealth.html

HOLLYWOOD CLINIC

Dialectical Behaviour Therapy (DBT) Programs:

Dialectical Behaviour Therapy (DBT) is an effective treatment for people experiencing frequent and intense changes in emotional state, often leading to self-damaging behaviours.

Please consult private health insurance whether services are covered

PH: 9346 6801

WEB: hollywoodclinic.com.au/Our-Programs/Dialectical-Behaviour-Therapy

DEPRESSION/ANXIETY

BEYONDBLUE

Beyondnow app:

A FREE suicide safety planning app. Suicide safety planning involves creating a structured plan – ideally with support from your health professional or someone you trust – that you work through when you're experiencing suicidal thoughts, feelings, distress or crisis.

Available to download for FREE from the Apple Store or Google Play. BeyondNow is also available to use online.

WEB: beyondblue.org.au/get-support/beyondnow-suicide-safety-planning/create-beyondnow-safety-plan

BLACK DOG INSTITUTE

The Black Dog Institute is a not-for-profit facility for the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

PH: 02 9382 4530 (Mon-Fri 9am-5pm)

Email: blackdog@blackdog.org.au

WEB: blackdoginstitute.org.au

MYCOMPASS:

Is a FREE online interactive self-help program designed to address mild to-moderate symptoms of stress, anxiety, and depression through personalised treatments delivered entirely online.

WEB: blackdoginstitute.org.au/getting-help/self-help-tools-apps/mycompass

SNAPSHOT APP:

Is a FREE mobile-based app designed for Australian adults to help monitor and manage their depression or anxiety discreetly.

The snapshot app is free to download from the Apple Store or Google Play.

WEB: blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot

SHUTi:

Is an internet based self-help program for people with insomnia that clinical trials have also found to reduce depression and anxiety symptoms. SHUTi costs \$170.00 for a 26 week period and \$230.00 for a 52 weeks period.

WEB: blackdoginstitute.org.au/getting-help/self-help-tools-apps/shuti

MENTAL HEALTH ONLINE

Information, automated assessment (optional) and online self-guided treatment programs for anxiety/depression, and panic disorders. Courses available as self-help for free or with therapist support for a small client fee.

WEB: mentalhealthonline.org.au

MINDSPOT CLINIC

Mood Mechanic Program:

Therapist-supported program for 18-25 yrs. olds with anxiety and/or depression.

WEB: mindspot.org.au/mood-mechanic

MOOD GYM

Interactive self-help program that provides cognitive behaviour therapy (CBT) training to help users prevent and cope with depression and anxiety.

WEB: moodgym.com.au

ON TRACK

Self-guided modules and interactive tools for individuals with diagnosed anxiety and/or depression.

WEB: www.ontrack.org.au/web/ontrack

THIS WAY UP

Therapist-assisted or self-help courses for depression, anxiety (GAD, panic, social phobia, OCD) and mixed depression/anxiety for 18+ years. Requires a small client fee. Also has free self-help course for stress.

WEB: thiswayup.org.au

E-COUCH SELF HELP

Provides free, self-help modules for depression, general anxiety and social anxiety, as well as for divorce/separation and loss/bereavement.

WEB: ecouch.anu.edu.au/welcome

OCD? NOT ME!

An eight stage online OCD treatment program, with added support for families.

WEB: ocdnotme.com.au

TRAUMA/PTSD/ASSAULT

MENTAL HEALTH ONLINE

Information, automated assessment (optional) and online self-guided treatment programs for PTSD. Courses available as self-help for free or with therapist support for a small client fee.

WEB: mentalhealthonline.org.au

RELATIONSHIPS

1800RESPECT

Online and phone line:

Information, phone 1800 737 732 and online counselling for those impacted by Sexual Assault, Domestic and Family Violence.

WEB: 1800respect.org.au

ALCOHOL AND OTHER DRUGS

COUNSELLING ONLINE

Online 'chat' and phone counselling:

24/7 for people concerned about their own or another person's drug or alcohol use.

WEB: counsellingonline.org.au

ON TRACK

Self-guided modules and interactive tools for alcohol use.

WEB: ontrack.org.au/web/ontrack

GENERAL WELLBEING/HEALTH (THE MORE ENTRY LEVEL/FIRST POINT OF CONTACT PSYCHOLOGICAL SERVICE)

REACHOUT

Reachout WorryTime app:

Helps users control anxiety by scheduling worry so that it is confined to a specific time each day.

Available for download through the Apple store and the Google Play store.

WEB: au.reachout.com/tools-and-apps/reachout-worrytime

REACHOUT BREATHE APP:

Using simple visuals, the app helps young people reduce the physical symptoms of stress and anxiety by slowing down their heart rate to increase feelings of calmness in the body.

Available for download through the Apple store.

WEB: au.reachout.com/tools-and-apps/reachout-breathe

SERVICES SPECIFICALLY DESIGNED FOR LGBTQIA+ STUDENTS

FREEDOM CENTRE ONLINE:

FC's Tumblr and the FC Forum are online peer-support & info services for people under 26 who are same sex attracted, sex and/or gender diverse to get social support, information and meet others who have similar experiences to them.

WEB: freedom.org.au/index.php?option=com_content&view=article&id=166:fc-chat-talk-to-us-online&catid=39:do4u

RECHARGE APP:

A six-week program that helps improve your general health and wellbeing by focusing on improving sleep patterns and promoting physical activity.

Available for download through the Apple store.

PH: 02 8029 7777

WEB: au.reachout.com/tools-and-apps/recharge