



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Western Australia, Perth Metro Area Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:
Emergency Contact Numbers

1300 224 636
BEYOND BLUE

13 11 14
LIFELINE

1800 55 1800
KIDS HELPLINE

Yorgum Aboriginal Family Counselling Service

Yorgum offers Aboriginal-specific community-based counselling and referral services that acknowledge the impact of colonisation on Aboriginal people. This includes one-on-one counselling, family violence counselling, grief and loss, sexual assault counselling, crisis/trauma resolution, relationship counselling, Aboriginal identity counselling, and specialised cultural therapeutic practices, Link-Up services, a Grandmothers group, a Building Solid Families program and Workforce Support Unit.

Office Hours: 900am to 5.00pm Monday to Friday

Address: PO Box 236 Northbridge WA 6865

Free call: 1800 469 371

Ph: (08) 9218 9477

Web: www.yorgum.org.au

Link-Up Western Australia – Yorgum Healing Services

Yorgum Healing Services provides Link-Up services to Aboriginal people affected by past government policies relating to the removal of children. Case workers coordinate family research, client reunification, back to country and overall Link-Up activities. The Link-Up team works closely with Social Emotional Wellbeing (SEWB) counselling services to provide a holistic support service.

Address: 3 Brammal Street, East Perth WA 6004

Free call: 1800 469 371

Phone: 08 9428 3700

Web: <https://yorgum.org.au/services/#stolen-generations>

Email: linkup@yorgum.org.au

Langford Aboriginal Association Inc

Langford Aboriginal Association Inc is a not for profit community organisation which delivers services and programs to increase the health, well-being, cultural and social connections for Aboriginal people living and working in the Perth metropolitan region.

Langford Aboriginal Association run a variety of weekly, fortnightly and monthly programs including:

Moorditj Moort Outreach Service

Moorditj Moort (Strong Family) Outreach Service working out of Langford Aboriginal Association is a new program for Aboriginal and Torres Strait Islander Peoples who live in Langford, Gosnells and surrounding suburbs.

The Moorditj Moort Outreach Team will work in partnership with other service providers to ensure Aboriginal community members with Mental Health and Alcohol and Other Drugs (AOD) concerns receive the best possible support for recovery and wellness.

The team will provide advocacy, transportation (to and from appointments) and appropriate client referrals.

Our Outreach Worker is available: Monday – Thursday (8:30am-4:30pm)

Moorditj Yoka Women's Group

When: Saturday, 1pm – 3pm (Weekly)

Description: This program is for all Aboriginal women and is full of fun arts and crafts, activities, yarnning and outings. Bring along your female family members and friends for a fun-filled Saturday.

The National Empowerment Program (NEP)

The National Empowerment Program has developed from extensive community consultations across 11 sites in Australia in response to high rates of psychological distress, self-harm and suicide.

The aim is to promote the positive social and emotional wellbeing and mental health of families and the community, to build resilience and prevent psychological distress and suicide.

Address: 15 Imber Place, Langford WA 6147

Ph: (08) 9451 1424

Web: <https://laalangford.com.au/>

Email: admin@laalangford.com.au

Wungening Aboriginal Corporation

Wungening Aboriginal Corporation is an Aboriginal Community Controlled Organisation which provides culturally secure, confidential and free of charge services to Aboriginal people in the Perth metropolitan area.

Wungening operates 5 community hubs in the Perth Metro area. See below for more information on each hub:

Web: <https://www.wungening.com.au/>

Email: info@wungening.com.au

Office hours: Monday to Friday 8:30am - 5:00pm

Armadale

Address: Unit 11, 49 William Street, Armadale WA 6112

Ph: 08 6558 1000

East Perth (HQ)

Address: 211 Royal Street, East Perth WA 6004

PO Box 8105 PBC, WA 6849

Ph: 08 9221 1411

Midland

Address: 1/32 The Crescent, Midland WA 6056

Ph: 08 6330 7070

Mirrabooka:

Address: 1/14 Chesterfield Road, Mirrabooka WA 6061

Ph: 08 6558 1041

Rockingham

Address: 4/13 MacKinnon Street, Rockingham WA 6168

Ph: 08 6558 1090

Derbarl Yerrigan Health Service Aboriginal Corporation

Includes four clinics in the major hubs of the Metropolitan area delivering a comprehensive healthcare service, counselling and a number of specialised programs including for Stolen Generations. The Health service is also responsible for an Accommodation Hostel which provides board and lodging to Aboriginal people attending Renal Dialysis in Perth who are away from home or Country. East Perth, Maddington, Mirrabooka, Midland

Contact: Derbarl Yerrigan

Address: 156-172 Wittenoom Street, East Perth, WA 6004

Ph: 08 9421 3888

Web: <https://www.dyhs.org.au/>

South Coastal Health and Community Services

South Coastal Health and Community Services counsellors offer free or low cost counselling, therapeutic groups, and advocacy services.

Psychologists are also available for men, women and children wanting to access psychological services under a Mental Health Care Plan. An onsite crèche service is available and delivered by qualified Early Childhood Educators.

Address: 4 Civic Boulevard, Rockingham

Phone: (08) 9550 0900

Web: <http://southcoastal.org.au/>

Email: admin@southcoastal.org.au

Tuart Place

Tuart Place is a resource service for people who experienced out of home care in Western Australia. Tuart Place can assist with finding records, tracing family, counselling and social activities.

Address: 24 High Street, Fremantle WA 6160

Free call: 1800 619 795

Ph: 08 6140 2380

Website: <https://www.tuartplace.org>

Email: admin@tuartplace.org

NATIONAL SERVICES:

Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Address: 2 Leake Street, South Hedland WA 6722

PO Box 1206 West Leederville WA 6901

Ph: 08 9160 2900

Counselling: 08 6164 0190

Ph: 1300 364 277 for nearest branch

Web: <https://www.relationshipswa.org.au/services/counselling>

Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

Lifeline WA's mission is to prevent suicide, support people in crisis and create equal opportunities for emotional wellbeing. Lifeline WA's grief and bereavement program offers free counselling to families and individuals, including children, before, during and after times of loss and grief. Counsellors are supported by specialist training in grief and more complex bereavement.

Ph: 13 11 14

To book an appointment call (08) 9261 4444

Web: <https://www.lifeline.org.au>

Email: reception@lifelinewa.org.au

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Ph: 1300 224 636

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Web: <https://www.beyondblue.org.au>

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>