

Youth Support Guide

Young people already face many changes and COVID-19 adds another twist on this already challenging time.










































This Guide aims to help our young people get support when they need it. We hope the following information, contacts and online links will make getting the assistance you need as easy as possible.

The City of Mandurah's Youth Development Team are available on 9550 3670 or by email at youth@mandurah.wa.gov.au or via their [Facebook Page](#).

Please feel free to contact the team if you or a young person you know needs more guidance, support or information.

There are many people out there ready and willing to give a helping hand if you or your family needs help. We are all adapting to new challenges and together, we will rise above these and become stronger individually and as a community.

Services available to Mandurah Youth

Service	Contact	Description	Category
Allambee	(08) 9535 8263 allambee.org.au	Support and Counselling.	 
Anglicare	(08) 9537 5603 anglicarewa.org.au	Community Support through difficult situations.	 
APM	(08) 9535 5139	Help to find meaningful employment.	
atWork Australia	1300 656 358	Builds Job-readiness and support through interviews into employment.	
Calvary Youth Services Mandurah	(08) 9581 1741 calvary-mandurah.org	Crisis accommodation for 15-25 year old's who are homeless or at risk of homelessness.	
Centrelink	1300 169 468 servicesaustralia.gov.au	Health, social and welfare payments and services.	 
Child and Adolescent Mental Health Service	(08) 6559 5100	Free assessment and treatment of young people up to 18, supporting their mental health and emotional wellbeing.	
Department of Communities Housing	(08) 9583 6100 housing.wa.gov.au	Provides public housing, community housing, bond assistance, Keystart Home Loans and property sales.	 
Finucare	(08) 9581 1281 finucare.org.au	Providing financial counselling, advocacy and financial outreach services.	
Food Bank	(08) 9581 9200 foodbank.org.au	Food relief.	
headspace (12-25)	(08) 9544 5900 headspace.org.au	Tailored and holistic mental health support to 12 - 25 year olds.	
Helping Minds	(08) 9427 7100 helpingminds.org.au	Supporting Mental Health Issues For Families, Young People & Adults.	 
Homestead for Youth	0449 939 597 homesteadforyouth.org	Safe refuge and support through recovery programs and counselling for youth and their families.	  
Mission Australia (Reconnect Peel) (12 – 18)	(08) 9531 9400 missionaustralia.com.au	Supporting young people aged 12 – 18 who are at risk, living in Peel.	  
Nidjalla Waangan Mia	(08) 9586 4580 gpdownsouth.com.au	Services for Aboriginal and Torres Strait Islander people's including nurse lead GP clinic, dental, outreach and lifestyle programs.	
Passages	(08) 9583 5160 passages.org.au	Providing support, practical needs and referrals to Young people aged 12 to 25 in Peel.	  
Peel Community Legal	95814511 peelcls.com.au	Legal advice, credit and debt help.	
Peel Youth Medical Service	(08) 9583 5435	Confidential health services in a safe non-judgemental environment with a focus on young people, aged 12 -25.	
Peel Youth Services	(08) 9581 3365 pys.org.au	FREE mentoring, counselling, advice and advocacy for young people aged 12-25.	 
Relationships Australia	(08) 6164 0570 or 1300 364 277 relationshipsaustralia.org.au	Support services for individuals, families and communities.	 
Salvation Army	(08) 9535 4951 salvationarmy.org.au	Emergency relief with a wide variety of resources.	 
Vinnies	(08) 9535 9035 vinnies.org.au	Provide Emergency Relief assistance with food, finances and support.	  
West Aus Crisis and Welfare Centre	(08) 9582 9920 westauscrisis.org.au	Crisis support, emergency relief, advocacy and referrals.	 
Youth Focus	(08) 9582 9270 youthfocus.com.au	Confidential counselling service for young people.	

 Family
  Finding a Job
  Finding Safety
  Food Relief
  Feeling Good
  Financial Assistance

Youth Information Services

Service	Contact	Description
Alcohol and Drug Support Line	1800 198 024 (08) 9442 5000 alcoholdrugsupport.mhc.wa.gov.au	For anyone concerned about their own or another person's alcohol or drug use.
Beyond Blue	1800 512 348 beyondblue.org.au	Mental Wellbeing Support Service.
Family Relationships Helpline	1800 050 321	Helps families affected by relationship or separation issues.
Kids Help Line	1800 551 800 kidshelp.com.au	Confidential counselling and support service for 5 – 25 year olds.
Lifeline	13 11 14 lifeline.org.au	Provide 24/7 crisis support and suicide prevention services.
Q Life	1800 184 527 qlife.org.au	Provides anonymous and free LGBTI peer support.
Suicide Call-back service	1300 659 467 suicidecallbackservice.org.au	24/7 free professional phone counselling.
Western Australia's Individualised Services	1800 031 093 waindividualisedservices.org.au	WA helpline for people with disability (families, carers).

eMental Health

Service	Contact	Description
Bite Back	biteback.org.au	Weekly challenges to help you improve your mental fitness. Increase your happiness, reduce stress, improve friendships and focus.
eheadspace	Headspace.org.au/eheadspace	Free online support, information and counselling to young people 12 - 25 and their families and friends.
Reach out	au.reachout.com	Useful information and practical suggestions to help young people deal with the most common issues.
Smiling Mind	www.smilingmind.com.au	A daily mindfulness and meditation guide at your fingertips.

Keeping Healthy

Service	Contact	Description
Daily Yoga	dailyyoga.com	More than 100 yoga and meditation classes to help people from all levels.
Live Lighter - Couch to 3km run	livelighter.com.au	6-week guide from couch to a 3km run to get active.
Live Lighter - Recipes	livelighter.com.au/Recipe	Healthy and nutritious meal and snack recipes.
Map my walk	mapmywalk.com	Map your run, ride or walk with this app and see other routes in your area.

Additional Jobactive providers

Service	Contact	Description
Stirling Skills	9520 8116 stirlingskills.com.au	Employment support and finding new careers and Jobactive provider.
Matchworks	6350 4786 matchworks.com.au	Employment support and finding new careers and Jobactive provider.
Workskil	9587 0300 workskil.com.au	Employment support and finding new careers and Jobactive provider.
Status	9586 1435 status.net.au	Employment support and finding new careers and Jobactive provider.

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