FREE WHEATBELT COUNSELLING SERVICES FOR CHILDREN & YOUNG PEOPLE (0-25 YRS)

MENTAL HEALTH

MEDICARE MENTAL HEALTH CENTRE (HEAD TO HEALTH)

CRITERIA: 18+ - experiencing mental health distress.
LOCATION: Office in Northam, also provide telehealth (outreach) & phone appointments.
HOW TO REFER: walk-in (located within Holyoake), via GP or call 1800 595 212

MILD TO MODERATE RISK

HEADSPACE

CRITERIA: 12 to 25 years - requesting support for mental health and wellbeing.
LOCATION: Office in Northam, also provide telehealth appointments.
HOW TO REFER: email reception@headspacenortham.com.au

MILD TO MODERATE RISK

AMITY HEALTH

CRITERIA: 7+ years - people living with mental health distress & not accessing other MH services.
LOCATION: Offices in Northam, Narrogin & Merredin, also provide outreach and telehealth appointments.
HOW TO REFER: via GP, Psychiatrist or Paediatrician & Allied Health Professionals or email query@amityhealth.com.au

MILD TO MODERATE RISK

CHILD & ADOLESCENT MENTAL HEALTH SERVICE

CRITERIA: 0-25 years - children, youth and their families/carers who are experiencing emotional and/or mental health problems.
LOCATION: Offices in Northam, Narrogin, Gin Gin & Merredin, also provide outreach and telehealth appointments.
HOW TO REFER: call 9621 0999

COMPLEX OR PERVASIVE MH PROBLEMS OR DUAL DIAGNOSIS

ALCOHOL AND OTHER DRUGS

HOLYOAKE

AOD COUNSELLING

CRITERIA: 12 + years - dependent on alcohol and/or drugs (inc. vaping) or impacted by someone else's use.
LOCATION: Offices in Northam & Narrogin, also provide outreach and telehealth appointments.
PHONE: 9621 1055
HOW TO REFER: Email adminnortham@holyoake.org.au

AFTERCARE PROGRAM

CRITERIA: 12+ years – recently attempted suicide or are experiencing suicidal thoughts.
LOCATION: Office in Northam, provide outreach and telehealth appointments.
HOW TO REFER: via GP, WACHS & Mental Health

MILD TO MODERATE RISK

ECLIPSE PROGRAM

CRITERIA: 18+ years - survivor of a suicide attempt or attempts.
LOCATION: Online only.
PHONE: 9261 4444
HOW TO REFER: online via wa.lifeline.org.au/services/eclipse (click Apply Now)

MILD TO MODERATE RISK

VAPING

WHEATBELT QUIT SMOKING PROGRAM

CRITERIA: all ages - people who want to quit smoking/vaping.
LOCATION: Offices in Northam, Moora, Merredin & Narrogin, also provide phone/telehealth appointments.
HOW TO REFER: via phone 9690 1720 or email wheatbelt.phu@health.wa.gov.au

NO MORE NGAMARI PROGRAM

CRITERIA: all ages - Aboriginal & Torres Strait Islander people and their families who want to quit smoking/vaping.
LOCATION: Offices in Northam, Moora, Merredin & Narrogin, also provide phone/telehealth appointments.
HOW TO REFER: phone 9690 2888

FAMILY & DOMESTIC VIOLENCE

YORGUM FDV COUNSELLING SERVICE

CRITERIA: 6-24 years - experienced or lived with domestic violence.
LOCATION: Office in Northam, also provide telehealth appointments.
HOW TO REFER: complete referral form online - yorgum.org.au

SHARE & CARE

CRITERIA: all ages - experiencing FDV and/or mental health distress & not accessing other mental health funding.
LOCATION: Office in Northam, also provide phone support.
HOW TO REFER: via a health professional. Referral found at www.shareandcare.com.au

MILD TO MODERATE RISK

PARKERVILLE

CRITERIA: children, young people & adults who have experienced or been affected by child sexual abuse.
LOCATION: Office in Northam, also provide phone appointments.
HOW TO REFER: email administration@parkerville.org.au

TO ACCESS LINKS TO REFERRAL FORMS:
bit.ly/referralformswheatbelt

UPDATED: OCTOBER 2024

HOLYOAKE
Whenever you're ready.