

YOUTH INFO CARD

Shire of Gingin - Published 2022

WELLBEING

<u>Lifeline</u>	13 11 14 (TTY 133 677)
<u>Beyond Blue</u>	1300 224 636
<u>Kids Helpline (Ages 5-25)</u>	1800 55 1800
<u>Headspace</u>	1800 650 890
Compassion Psychology Services (Book through the Gingin Medical Centre)	9575 2300
<u>Wheatbelt Mental Health Service Gingin</u>	9575 1827
<u>Suicide Call Back Service</u>	1300 659 467
<u>Rural Link</u> (after hours 4.30pm to 8.30am weeknights and 24/7 weekends)	1800 552 002
<u>Youth Focus</u>	6266 4333
<u>1800 RESPECT</u>	1800 737 732
<u>FriendLine</u>	6118 0587 or 1800 424 287 (8am -6pm)
<u>Holyoake</u> - Wheatbelt Suicide Prevention Coordinator (Jo Drayton)	JDrayton@holyoake.org.au
<u>Mental Health Emergency Response Line</u>	1300 555 788 (Metro) & 1800 676 822 (Peel)

HEALTH

<u>Gingin Medical Centre</u>	9575 2300
<u>Gingin Dental Clinic</u>	9575 3563
Gingin Physiotherapy	0401 222 768
<u>Gingin Pharmacy</u>	9575 2331
<u>Gingin Chiro Clinic</u>	0433 772 956
<u>First Step Podiatry Clinic</u>	0407 042 122
Gingin Occupational Therapist	9575 1686
<u>St John Sub Centre Chittering</u>	9575 3420
<u>Lancelin Medical Centre</u>	9655 2202
Nurse Practitioner - Lancelin	9655 1033
Lancelin Pharmacy	9655 2777
Lancelin Physiotherapist	0412 911 193
Diabetes Educator - Lancelin	0427 387 253
Dietician (Western Wheatbelt- Gingin & Lancelin)	9575 1686
CMAS (Continance Nurse) Lancelin	1300 787 055

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<u>Silver Chain</u> - Lancelin Health Centre	1300 650 803
<u>Moora Primary Health</u> (Gingin & Lancelin) - Occupational Health, Social Worker, Speech Pathologist	9651 0270
Poison Hotline	13 11 26
<u>Health Direct</u>	1800 022 222
DRUGS & ALCOHOL	
<u>Alcohol & Drug Support</u>	1800 198 024 (Regional) or 9442 5050 (Metropolitan)
<u>Meth Help Line</u>	1800 874 878
<u>Alcoholics Anonymous</u>	1300 22 22 22 or 9325 3566
<u>Holyoake</u> - Wheatbelt AOD Prevention Officer (Jo Woodruff)	JWoodruff@holyoake.org.au
ABORIGINAL SERVICES	
<u>Active Response Bereavement Outreach (ARBOR)</u>	1300 11 44 46
<u>Aboriginal Family Respite Service</u>	9206 6200
<u>Growing Strong, Staying Strong</u>	9485 3939
<u>Indigenous Psychological Services</u>	9362 2036
<u>Specialist Aboriginal Mental Health Services</u>	9235 2400
<u>Aboriginal Health Council of Western Australia</u>	9227 1631
<u>Western Wheatbelt Aboriginal Health</u>	9690 2824
<u>Brother to Brother</u> (men only)	1800 435 799
MULTICULTURAL SERVICES	
<u>Multicultural Services Centre</u>	9328 2699
<u>The Association for Services to Torture & Trauma Services (ASeTTS)</u>	9227 2700
LGBTQ	
<u>QLife</u>	1800 184 527
<u>WAAC - Youth Counselling</u>	9482 0000
CAREER HELP	
<u>Australian Apprenticeships Pathways</u>	1800 338 022
<u>Jobs and Skills WA</u>	13 64 64
<u>Your Career</u> - School Leavers Support	1800 227 337 or SMS 0429 009 435