

Low-cost mental health and counselling support

There are times along the parenting journey when many of us need a little support.

It is important to be mindful of your own mental health and access support and/or counselling when necessary. There are various support options and a number of low-cost counselling services available for carers.



Anglicare WA

Phone: 1300 114 446

Web: anglicarewa.org.au/get-help/relationships-and-separation/counselling



Robin Winkler Clinic

University of Western Australia

Provides individual and group support for children and adults

Phone: (08) 6488 2644

Email: clinic-sps@uwa.edu.au

Web: uwa.edu.au/Facilities/Robin-Winkler-Clinic



ECU Psychological Services Centre

Edith Cowan University

Phone: (08) 6304 7200

Email: psychologicalservices@ecu.edu.au

Web: ecu.edu.au/schools/arts-and-humanities/community-and-industry/psychological-services-centre



Helping Minds

Phone: (08) 9427 7100

Phone: 1800 811 747 (Regional free call)

Web: helpingminds.org.au



Caladenia Counselling

Murdoch University

Phone: (08) 9360 7848

Web: murdoch.edu.au/explore/facilities/health-wellbeing/caladenia-counselling



Peer Pathways

Phone: (08) 9447 2809

Email: info@peerpathways.org.au

Web: peerpathways.org.au



Ngala

Phone: (08) 9368 9368

Phone: 1800 111 546 (Regional free call)

Email: ngala@ngala.com.au

Web: ngala.com.au



Carer Gateway Counselling Service

Phone: 1800 422 737

Web: carergateway.gov.au

Want to find more mental health supports?

Take a look at Kiind's [Useful Organisations](#) directory and find options under the 'mental health and counselling' category

kiind.com.au

Phone (08) 6164 9806

Email support@kiind.com.au

