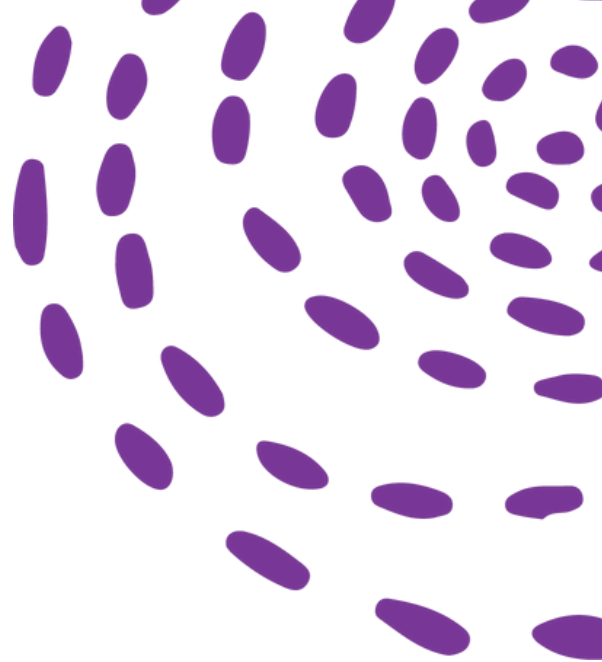




Low-cost mental health support



About this guide



There may be times when you feel down and need help.



Getting support or **counselling** can help you feel better. Counselling is a form of support with a mental health worker.



There are different choices of low-cost counselling for parents and carers.



Here are some groups that can help you feel better.

Mental health support



Anglicare WA

Can help if you're feeling low or having problems with your family.

Call 1300 114 446



UWA Robin Winkler Clinic

Can help if you're feeling low or stressed.

Call (08) 6488 2644



ECU Psychological Services Centre

Can help if you're feeling low or stressed.

Call (08) 6304 7200



Helpingminds

You can talk to them about how you feel as a carer.

Call (08) 9427 7100



Murdoch University Caladenia Counselling

Can help by talking and making art about your feelings.

Call (08) 9360 7848



Peer Pathways

Can help you find other mental health supports.

Call (08) 9447 2809



Ngala

You can talk to them about how you feel as a carer.

Call (08) 9368 9368



Carer Gateway Conselling

You can call them and talk about how you feel as a carer.

Call 1800 422 737

Want to know more?



www.kiind.com.au



Call Kiind (08) 6164 9806



Email hello@kiind.com.au