

Supportive agencies, links, and services:

- [Headspace Albany](https://headspace.org.au/headspace-centres/albany/) (08) 9842 9871 <https://headspace.org.au/headspace-centres/albany/>
- info@headspacealbany.com.au (counselling, resources, fact sheets, doctor sessions, get-togethers, education, groups)
- eheadspace <https://headspace.org.au/eheadspace/>
- youthbeyondblue <https://www.youthbeyondblue.com/>
- albany@palmerston.org.au for people affected by alcohol and drug use
- The Butterfly Foundation 1800 33 4673 (disordered eating)
- Alcohol and Drug Info 1800 198 024
- www.brave-online.com (anxiety and depression)
- [Welcome to ReachOut.com | ReachOut Australia](https://www.reachout.com.au) [Tools and Apps | ReachOut Australia](https://www.reachout.com.au)
- Suicide Call Back Service 1300 659 467
- kidshelpline 1300 55 1300
- Lifeline: 13 11 14
- Spectrum: social group for young people aged 12 to 25 who identify as diverse in gender and/or sexuality/ Natalie at headspace (08) 9842 9871
- www.selfinjury.bctr.cornell.edu This website contains useful information about self-injury and recovery
- www.self-injury.org.au This Australian based website has useful info on SI and recovery
- www.sioutreach.org Canadian website has a range of information for people who self-injure, people who have recovered & people who want to help
- WA Rurallink 1800 552 002
- GP – Pioneer Health bulk bills for <16 yrs.; GPs can give Mental Health Assessment and access Better Access mental health support (08) 9842 2822
- Medicare Card – can obtain online for 15 yrs. and over <https://www.servicesaustralia.gov.au/individuals/services/medicare/medicare-card>
- Albany Pride www.albanygayandlesbian.com.au
- Southern Aboriginal Corporation <https://www.sacorp.com.au/>
- Albany Youth Support Association + Young House <https://www.aysa.org.au/>