

# South West Alcohol, Drug and Mental Health Youth Support Services

**South West Mental Community Alcohol and Drug Service (CADS) - 9729 6700**

9.00 am - 4.00 pm M/T/W/Fr | 9.00 am - 7.00 pm Thurs

**South West Infant Child & Adolescent Mental Health Service (ICAMHS) - 1800 048 636**

24 hours | 7 days a week

**Helping Minds - 1800 811 747**

8.30 am - 4.30 pm | Mon - Fri

**South West Aboriginal Medical Service (SWAMS) - 9726 6000**

9.00 am - 5.00 pm | Mon - Fri

**headspace - 6164 0680 or chat online - [headspace.org.au](https://headspace.org.au)**

8.30 am - 4.30 pm M/T/Th/F | 8.30 am - 7.30 pm Wed

**Lifeline - 13 11 14**

24 hours | 7 days a week crisis support

**Kids Helpline - 1800 551 800**

24 hours | 7 days a week

**Alcohol & Drug Support Line - 1800 198 024**

24 hours | 7 days a week

**13YARN - 13 92 76**

24 hours | 7 days a week, culturally safe

**1800 RESPECT - 1800 737 732**

24 hours | 7 days a week

**Here For You - 1800 437 348 (16+ years)**

7am - 10 pm | 7 days a week

**ReachOut PeerChat - [au.reachout.com/peerchat](https://au.reachout.com/peerchat) (16+ years)**

1.00 pm - 6.00pm Mon - Th | 9.30 am - 2.30 pm Fri