

# Mental Health and Wellbeing Guide 2026

The Health and Wellbeing Guide has been created by the City of Mandurah to connect you with services that support and improve mental health and wellbeing.

All services listed in the Guide are self-referred and are readily accessible.



## GP Support

If you're concerned about your mental health, your GP can provide advice, support and referral options.

### Before your appointment

- Consider booking a longer appointment to allow enough time to discuss your concerns.

### You may want to talk about:

- How you've been feeling
- How long you've felt this way
- Any factors that may be contributing to how you're feeling

### You can also ask about:

- Self-care and wellbeing strategies
- Helpful online resources
- Referrals for ongoing support

### Between appointments

- Practise self-care strategies recommended by your GP
- Access trusted online resources such as Beyond Blue
- Seek after-hours or crisis support if needed

### Mental Health Care Plan

Your GP may recommend a Mental Health Care Plan. This can help you access additional support and may include:

- Referrals to mental health professionals or support services
- Strategies and advice to support your mental health and wellbeing

# Mental Health and Wellbeing Guide



## General Mental Health Services

### Neami National\*

**w:** neaminational.org.au

**a:** 6 Davey St, Mandurah

**e:** mandurah@neaminational.org.au

**p:** 9535 9326

### Relationships Australia\*

**w:** relationshipsaustralia.org.au

**e:** mandurah@relationshipsaustralia.org.au

### Mandurah Office

**a:** 14 Davey St, Mandurah

**Counselling:** 6164 0190

**Peel Seniors:** 6164 0173

**Child Contact Services:** 6164 0620

**4Families:** 6164 0600

**4Dads:** 6164 0619

### Education Programs

**a:** Lotteries House, 7 Anzac Pl, Mandurah

**p:** 6164 0570

### headspace\*

**w:** headspace.org.au

**a:** 10c / 327 Mandurah Tce, Mandurah

**e:** hello@headspaceman.com.au

**p:** 9544 5900

### Allambee\*

**w:** allambee.org.au

**a:** Peel Health Hub, 91 Allnutt St, Mandurah

**p:** 9535 8263

**e:** help@allambee.org.au

### Oseca Better Health\*

**w:** oseca.com.au

**a:** Peel Health Hub, 91 Allnutt St, Mandurah

**p:** 1300 680 431

**e:** phh@oseca.com.au

### Standby

**w:** standbysupport.com.au

**e:** standby.perthmetro@anglicarewa.org.au

**p:** 1300 727 247

## Social Services and Connections

### Mandurah Seniors and Community Centre\*

**w:** mandurah.wa.gov.au/facilities/seniors

**a:** 41 Ormsby Tce, Mandurah

**p:** 9550 3799

**Referral:** Membership form online.

Submit to City of Mandurah

### Leslie Street Centre\*

**w:** lesliestreetcentre.com

**a:** 7A Leslie St, Dudley Park

**p:** 9581 4384

**e:** lesliestreetcentre@gmail.com

### Helping Minds\*

**w:** helpingminds.org.au

**p:** WA Metro Phone: 9427 7100

**p:** WA Regional Free Call: 1800 811 747

**a:** Lotteries House, 7 Anzac Pl, Mandurah

### Peer Pathways (COMHWA)\*

**p:** 9477 2809

**e:** info@peerpathways.org.au

**Referral:** Phone service

### Peer Companion Warmline Service\*

**p:** 1800 777 337

### Barefoot Raw (Men's support group)\*

**w:** barefootraw.com

**p:** 0438 970 813

**e:** rob@barefootraw.com

### Sylvie's House\*

Mondays and Tuesdays at Greenfields Family and Community Centre.

**p:** 0431 794 464

**e:** nyree.p@live.com

### Uniting Church Mandurah\* Well-Being

Lunch. Every second Wednesday at 11:30am

**p:** 9581 1743

**e:** info@mandurah.unitingchurch.org.au

## Online and Phone Services

Free online resources which are accessible for anyone

### Head to Health

**w:** medicarementalhealth.gov.au

### Mind Spot

**w:** mindspot.org.au

### This Way Up

**w:** thiswayup.org.au

### Beyond Blue

**w:** beyondblue.org.au

**p:** 1300 22 4636

### Lifeline

**w:** lifeline.org.au

**p:** Call 13 11 14

Text 0477 13 11 14

### Carers WA

**w:** carerswa.asn.au

### Black Dog Institute

**w:** blackdoginstitute.org.au

### 13 Yarn

**p:** 13 92 76

### QLife

**p:** 1800 184 527

### Here For You

(WA-based free counselling support)

**p:** 1800 437 348



Scan QR code for more information about Mandurah Peer Support Groups

\*This service or connection is self-referred