

Parenting Support & Handy Contacts

Parenting Support

Parenting Connection Albany: Wanslea Office, M: 0488 137 192 T: 9843 0077 Katanning: 0439 805 462 or 9895 5855	Ngala Country Families Support Helpline: 9368 9368 or 1800 111 546 (country) https://www.ngala.com.au/what-we-do/country-services/
Mt Lockyer Child & Parent Centre Albany: 9842 0071 / 0408 806 405	A Smart Start Great Southern Inc Katanning 9821 6259
Relationships WA 4Families Program Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600	Rainbow Coast Neighbourhood Centre (RCNC) Migrant Resource Centre Albany Family House 219 North Road 9841 8254 Albany – 9841 1190 Katanning – 9821 4420
Australian Breastfeeding Association Helpline: 1800 686 268	Child Health Nurses Contacts Great Southern Population Health Unit Albany Collie St T: 9842 7500 Albany Primary Health, Warden Ave T: 9892 2499 Katanning Primary Health, Francis St, T: 9821 6280

Mental Health Services

CAMHS -Great Southern Community Mental Health Service Albany Hospital Office – 9892 2440 Mental Health Support Line – 24hrs – 1800 048 636	Amity Health Mental Health Portal 136 Lockyer Ave Albany and outreach available T: 9842 2797
Beyond Blue 24hr Helpline 1300 22 4636	KidsCentral Albany 9842 3676
Kids Helpline T: 1800 551 800	Regional Counselling & Network Service Aberdeen St, Albany Ph: 9842 9699
Partners in Recovery Community First Albany 9892 6666 Katanning & surrounds Palmerston 9821 8306	Relationships WA Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600

Men Only

Dads in Distress - 1300 853 437	Men's Line Australia T: 1300 78 99 78
Men's Resource Centre Albany Serpentine Road T: 9841 4777	

Young Person Specific

Albany Youth Support Association Crisis accommodation – 9842 2082	Headspace Albany St Emilie Way T: 9842 9871 T: 1800 650 890 Eheadspace https://www.eheadspace.org.au/
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Counselling - Relationship/Financial

Anglicare WA Albany 44 Collie St T: 9845 6666 Katanning T: 9821 9666 Mt Barker T: 9851 2611 Denmark T: 9851 2611	QLife - services for LGBTI people T: 1800 184 527 Southern Agcare Gnowangerup T: 9827 1552
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Aboriginal Services

Great Southern Aboriginal Health Albany - T: 9892 7222
Katanning - T: 9821 6370

Southern Aboriginal Corporation
Albany Office Serpentine Road T: 9842 7777

Miscellaneous Health/Support Services

**Dentist Services for
Concession Cards and children only**

Albany - T: 08 9842 2211
Spencer Park PS – 9841 3967
Yakamia PS – 9841 3498
Mt Barker Mobile Service – 0437 486 143
Katanning Mobile Service – 0400 612 364

**Amity Health
Occupational Therapy, Dieticians,
Speech Therapy, Social Workers**
136 Lockyer Ave Albany and outreach
available
T: 9842 2797

Carers WA T: 0400 840 611
Kidsafe WA – Great Southern
Albany Collie Street T: 9841 1382 / 0428 875 503

Group/Activity Service Providers

PCYC Albany
77 Sanford Rd T: 9842 1716

Playgroup WA—1800 171 882 or (08) 9228 8088
www.playgroupwa.com.au / www.facebook.com/playgroupwa

**Wanslea Family Services (Family Day-
care also)**
Albany T: 9843 0077
Katanning T: 9895 5585

YMCA
Play in the Park 0409 048 204
A Smart Start (Shire of Cranbrook) 0447 008 084

Websites

Raising Children Network raisingchildren.net.au

Supported by the Australian Government, raising Children Network is the complete interactive Australian resource for parenting newborns to teenagers. It provides access to tools, support and resources as children grow and develop.

CRISIS NUMBERS

Life Threatening Emergencies 000

Women's DV Helpline 1800 007 339

Men's DV helpline 1800 000 599

Sexual Assault Resource Centre 9340 1828

Crisis Care 1800 199 008

Kid's Helpline 1800 551 800

Child Protection and Family Service (DCP) 1800 622 258

Albany Women's Centre 9845 6000
(covering Mt Barker, Albany and Denmark regions)

**Do you know of a service that should be included in this list?
Please let us know the details of the service and the support
they provide by email cfc@amityhealth.com.au
or call us on 9842 2797**