



# Support for Children & Families



- City of Wanneroo -

**Your guide to services in the City of Wanneroo that support your child's development, as well as your family's social and mental health needs**

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The STARS for Kids Resource Booklet was written by the Early Neurodevelopment & Mental Health (ENMH) and Child Disability teams at The Kids Research Institute Australia, 2024.

Contact STARS for Kids at [STARS@thekids.org.au](mailto:STARS@thekids.org.au) and the ENMH team at [ENMH.team@thekids.org.au](mailto:ENMH.team@thekids.org.au)

This work is funded by the 2021 Medical Research Future Fund Chronic Neurological Conditions (APP 2017709) and the National Health and Medical Research Council 2023 Centre of Research Excellence - STAR-CRE (APP2024782).

We acknowledge the members of the co-design and advisory reference groups of the STARS study that reviewed these materials.

This booklet is supported by:





# INTRODUCTION

**If you have any concerns about your child's development or your own wellbeing, your first step should be to contact your GP or child and family health nurse. They can provide you with the support and appropriate advice you need.**

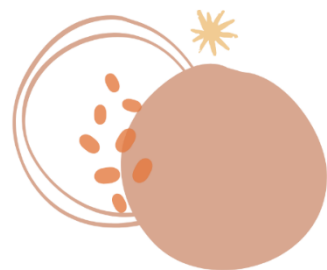
**This booklet includes a selection of resources and information, both online and in-person, that you may find helpful. Please keep in mind that these are just suggestions and not an exhaustive guide. Your GP or child health nurse should always be your first point of contact if you have any concerns.**

This resource booklet of services has been written to inform you of what resources are available in the City of Wanneroo to support child development, social needs, and mental health. It provides a list of services and their contacts to assist you with supporting your child's development and your family's needs.

This booklet can be accessed online at: <https://www.starsforkids.net/>

If you are interested in getting involved with child development research or want to sign up to the newsletter, you can contact the Early Neurodevelopment & Mental Health (ENMH) Team at [ENMH.team@telethonkids.org.au](mailto:ENMH.team@telethonkids.org.au).

The ENMH team has several active projects and are often looking for community engagement for research participants for surveys, co-design, workshops, trials, and Advisory Group members.



# FAMILIES & CHILDREN NEEDING ADDITIONAL SUPPORT

## NDIS & ECA

The **National Disability Insurance Scheme (NDIS)** provides funding to eligible Australian people with disability to gain an improved quality of life. The NDIS is available to Australians with a permanent and significant disability (aged under 65 years). The NDIS also connects anyone with a disability to services in their community.

The NDIS operates a service called the **Early Childhood Approach (ECA)**. The ECA program is designed to support children under 9 years of age who have a disability or under 6 years of age who may have a developmental delay or concern. ECA offers direct, individualized support.

Children under 6 may access support through ECA without a formal diagnosis, and evidence of significant delay is required for referral to NDIS.

ECA early childhood partners can assist children under 6 with developmental delays and those under 9 with disabilities. To find your local early childhood partner click [here](#).

For more information:

Call: 1800 800 110

Email: [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

Or visit the NDIS online [here](#), and the ECA [here](#).

## Wanslea & ECA

Wanslea is a partner of NDIS and a provider of ECA. Wanslea provide a range of services to support children, families, and communities. They focus on early childhood development, family support, fostering services, and support for those with disabilities.

- Collaborate with early childhood partners to provide families with community-based services and supports.
- Provide short-term support by an Allied Health professional to children who do not meet the NDIS criteria.
- Assists in navigating the NDIS.

## MyTime

MyTime supports parents and carers of children needing extra care, emphasising the importance of parent self-care.

- **For Parents and Carers:** Support for those caring for children under 18 with disabilities, medical conditions, or developmental delays.
- **Free Service:** Trained facilitators provide information on local resources and support.
- **Child-Friendly Sessions:** Preschool children are welcome, with play leaders available for supervision."

For more information click [here](#)

Or visit MyTime in Girrawheen [here](#)

## Ability WA

Ability WA supports individuals and families with autism, physical, and intellectual disabilities of all ages.

They have a hub at the ECU Health Centre in Wanneroo, with a new clinic opening soon in Yanchep.

Services include:

- Therapy
- Assistive technology
- Community programs
- Disability accommodation
- Independent living support
- Employment services

For more information:

Call: 1300 106 106

Or visit online [here](#)

## Anglicare WA Disability Support Services

Anglicare offers support for individuals with disabilities and their families, including help at home, community activities, respite care, therapy, NDIS guidance, skill-building, and emergency relief.

- If you have an NDIS plan, click [here](#)
- If you need an NDIS plan and want help preparing for your NDIS planning meeting, click [here](#)
- If you want to access privately funded support services call 1300 11 44 46

## Identity WA

Identity WA is a registered NDIS provider that supports children and families living with disabilities. Their services promote independence and improve quality of life.

Services include:

- Support plans
- In-home assistance
- Community activities
- Respite care
- NDIS guidance
- Therapy
- Short-term stays
- Supported independent living

For more information:

Visit online [here](#)

## Uniting WA

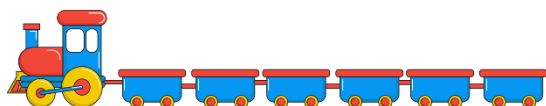
Uniting WA provides community services including support for children, families, foster care, disability, advocacy, mental health, financial wellbeing, homelessness, and housing. They help people facing complex challenges.

- **Positive Behaviour Support:** Person-centred disability support, click [here](#).
- **Full list of services:** click [here](#).
- **Immediate support services:** click [here](#).

For more information:

Call: 1300 663 298

Email: [hello@unitingwa.org.au](mailto:hello@unitingwa.org.au)



## Community Vision

Community Vision provides personalised care, helping individuals find the support they need to live life their way. Services include daily tasks like shopping, clinical nursing, and technology-assisted travel, with a focus on building personal connections.

For more information:

Call: 1800 968 754

Contact form click [here](#)

To see their pricing list click [here](#)

## MercyCare Disability Support Services

MercyCare Disability Support Services is a NDIS provider, focused on supporting the health and wellbeing of the community. They help you live the life you want at home or in the community.

Their services include:

- Domestic support
- Meal planning and preparation
- Personal care
- Community social support
- NDIS support coordination

For more information:

Call: (08) 9340 7281

Email:

[disabilityreferral@mercycares.com.au](mailto:disabilityreferral@mercycares.com.au)

Visit their webpage [here](#)

Referral form, click [here](#)

## Inclusive Care

Inclusive Care, a registered NDIS provider, offers personalised support for daily tasks and personal activities. They help participants develop life skills, promote independence, and achieve their goals.

For a full list of services offered click [here](#).

For more information:

Call: (08) 6205 0559

Email: [info@inclusivecare.com.au](mailto:info@inclusivecare.com.au)

## Key Assets Disability Services

Key Assets Disability Services takes a person and family centred approach, supporting children, young people, parents, and carers. They specialise in helping those who've experienced childhood trauma, whether living with family, foster carers, or independently.

Eligibility:

- Under 18 with NDIS or other funding
- Under 25 if involved with the child protection system

For more information:

Call: 1800 932 273

Email: [ndis@keyassets.org.au](mailto:ndis@keyassets.org.au)

For Disability Services WA and referral form click [here](#).





## Development Disability WA (DDWA)

DDWA supports people with intellectual and developmental disabilities and their families, promoting equal opportunities within the community. Free membership includes newsletters, event invitations, and publications. To subscribe, please click [here](#).

Support offered include:

- **Family Peer Support – Side by Side:**  
Click [here](#) for details
- **The Friendship Project:**  
Click [here](#) for details
- Easy Read information, online learning, and other resources.

For more information:

Call: (08) 9420 7203

Email: [DDWA@DDWA.org.au](mailto:DDWA@DDWA.org.au)

Or visit online [here](#)

## Kiind

Kiind, formerly Kalparrin, supports families raising children with disabilities, developmental delays, autism, genetic conditions, or chronic illnesses.

Based at Perth Children's Hospital, they offer practical assistance, emotional support, family connections, and help finding the right services. **All services are free.**

For more information:

Call: (08) 6164 9806

Email: [support@kiind.com.au](mailto:support@kiind.com.au)

To become a member, click [here](#)

## Carers WA

Carers WA is a non-profit organisation focused on improving the quality of life for unpaid family carers.

Services include:

- Carer Gateway: online, telephone, and in-person support like counselling
- Social and employment support
- First Nations Wellbeing Program
- Prepare to Care Hospital Program
- Support for young carers
- Community capacity development
- Carer retreats and wellness programs

For more information:

Call: 1300 227 377

Email: [info@carerswa.asn.au](mailto:info@carerswa.asn.au)

Or visit online [here](#)

## Karlah Care

Karlah Care is a registered NDIS provider supporting individuals with disabilities and their families, promoting fair treatment and empowering them through a person-centred approach.

Services include:

- Daily care activities
- Support coordination
- Individual advocacy
- Group or centre-based activities
- Accommodation support
- Therapeutic services

For more information:

Call: 0434 265 410

Email: [admin@karlahcare.com.au](mailto:admin@karlahcare.com.au)

Or visit online [here](#)

## Strive

Strive Community Services is a NDIS provider and offers affordable, personalised disability support to promote independence and improve quality of life.

Services include:

- Social activities and skill programs
- Respite care and farm stay
- Supported accommodation
- Independent living support

For more information:

Call: (08) 9206 3400

Email: [info@strive.org.au](mailto:info@strive.org.au)

Or visit online [here](#)

## Aus-Ability WA

Aus-Ability WA offer specialist support coordination and social work for people with disabilities. They focus on empowering clients, removing barriers, and promoting active decision-making.

Services include:

- Specialist support coordination
- Life stage transition assistance
- Improved daily living (allied health)
- Counselling
- Social work

For more information:

Call: 0413 854 056

Email: [info@ausabilitywa.com.au](mailto:info@ausabilitywa.com.au)

Or visit online [here](#)

## Autism Association of WA

Autism Association of WA is a NDIS service which supports individuals with autism and their families.

Services include:

- Diagnosis
- Early intervention and therapy
- Adult services
- Community and living support
- Employment Assistance
- Family and regional support
- Training and resources for diverse communities

For more information:

Call: (08) 9489 8900 OR 1800 636 427

Email: [autismwa@autism.org.au](mailto:autismwa@autism.org.au)

Or visit online [here](#)

## Rocky Bay

Rocky Bay provides tailored support services for people with disabilities, focusing on independence and quality of life.

Services include:

- Health and wellness programs
- Accommodation options
- Assistive technology
- Daily living support
- Social skills development
- Training for parents and carers

For more information:

Access their contact form [here](#)

For urgent matters call: (08) 6282 1900

Or visit online [here](#)



## Senses WA

Senses WA offers disability support for children, adults, and families.

Services include:

- Speech pathology, occupational therapy, and physiotherapy
- Early childhood intervention
- Home care, community access, independent living, and respite care
- Specialised services like deafblind support, behaviour support, and feeding therapy

For more information:

Call: 1300 111 881

Email: [customerservice@senses.org.au](mailto:customerservice@senses.org.au)

Or visit online [here](#)

## RippleAbility

RippleAbility provides disability services for children (0-18) and their families in Mandurah and Perth, focusing on personalised plans to improve quality of life.

Services include:

- Support coordination
- One-on-one consulting
- Advocacy and report writing
- Education and training to navigate the NDIS

For more information:

Call: (08) 9560 6464

Email: [info@rippleability.org](mailto:info@rippleability.org)

Or visit online [here](#)

## Therapy Focus

Therapy Focus provides disability support for all ages, including therapy, psychology, and dietetics, to help individuals build skills and achieve goals.

Specialized services include

- Autism support
- Behaviour support
- Assistive technology
- Home modifications

For more information:

Call: 1300 135 373

Email: [enquiries@therapyfocus.org.au](mailto:enquiries@therapyfocus.org.au)

Or visit online [here](#)

## VisAbility

VisAbility supports people with vision impairments through therapy, mobility training, assistive tech, speech therapy, and guide dog training.

Programs for children, adults, and seniors focus on independence and quality of life. Click [here](#) for more information.

For more information:

Call: 1800 847 466 or (08) 9311 8202

Email: [info@visability.com.au](mailto:info@visability.com.au)

Or visit online [here](#)

## Healthy Mothers Healthy Families

The Healthy Mothers Healthy Families program helps mothers of children with disabilities create a healthy lifestyle for themselves and their families.

For more information visit online [here](#)

# IMMEDIATE SUPPORT CONTACTS

If life is in danger, call **000**. For non-emergencies, contact WA Police Force at **131 444**.

For urgent assistance, see the contacts below or visit:

- Uniting WA: click [here](#)
- Wanneroo Community Directory: click [here](#)
- City of Wanneroo Local Support Services Guide (Homelessness & Hardship): click [here](#)

## Crisis Support

- CrisisCare helpline: 1800 199 008) / 9223 1111
- Ask Izzy: [askizzzy.org.au](http://askizzzy.org.au)
- WA Connect: [waconnect.org.au](http://waconnect.org.au)

## Alcohol & Drug Support

- Alcohol & Drug Support Line: 08 9442 5000 / 1800 198 024
- Parent & Family Drug Support Line: 08 9442 5050 / 1800 653 203

## Homelessness

- Entrypoint: 1800 124 684 / 08 6496 0001
- City of Wanneroo Hardship and Homelessness Services: click [here](#)
- Reconnect Program (youth): click [here](#)

## Support for Aboriginal & Torres Strait Islander People

- 13 Yarn: 13 92 76
- Thirrili: 1800 805 801

## Family & Domestic Violence

- 1800 RESPECT: 1800 737 732
- Women's DV helpline: 1800 007 339
- Men's DV helpline: 1800 000 599
- Patricia Giles Centre: 1800 199 008

## Women's Refuge

- RUAH Community Services: 13 78 24
- Zonta House: 1800 870 149

## Mental Health Support

- Mental Health Emergency Response: 1300 555 788
- MensLine: 1300 789 978
- LifeLine: 13 11 14
- Beyond Blue: 300 224 636
- Wellways: 1300 111 500
- QLife (LGBTIQ+): 1800 184 527

## Children & Youth Support

- Kids Helpline (5-25): 1800 55 1800 / Parent Line: 1800 654 432
- Youth Beyond Blue (12-25): 1300 224 636
- Headspace (12-25): 1800 650 890

## Carer Support

- Carers WA: 1300 227 377
- Carer Gateway: 1800 422 737

# SUPPORT FOR ABORIGINAL FAMILIES

## Ebenezer Aboriginal Corporation

Ebenezer Aboriginal Corporation is an Aboriginal Community Controlled Christian organisation that empowers individuals to reach their potential. They offer services such as family support programs and accommodation.

For more information:

Call: 9440 1736

Or visit online [here](#)

## Meerilinga – Aboriginal Parent Support Service (APSS)

Meerilinga APSS promotes children's education, care, and wellbeing through early learning programs, parenting support, and playgroups.

Their staff are trained in cultural competency, and programs include Kadadjiny Waabiny, an Aboriginal playgroup for children aged 0-4."

For more information:

Call: 9377 4749

Email: [apss@meerilinga.org.au](mailto:apss@meerilinga.org.au)

Or visit online [here](#)

## Moorditj Koort

Moorditj Koort is an Aboriginal Community Controlled Organisation supporting the health and wellbeing of Aboriginal people.

Their Community Connector program helps Aboriginal families with children who have higher needs understand and navigate the NDIS

For more information:

Call: 6174 7000

Or visit online [here](#)

## Yorgum

Yorgum offers culturally secure, trauma-informed healing services to support health and wellbeing.

Services include:

- **Indigenous Family Safety:** Supporting child wellbeing and development.
- **Building Solid Families:** Providing social, emotional wellbeing services, and culturally secure information.

For more information:

Call: 1800 469 371

Or visit online [here](#)

## Wungening Aboriginal Corporation

Wungening is an Aboriginal Community Controlled Organisation offering **free**, culturally secure services to Aboriginal people. They provide a variety of support for families and children.

For more information:

Call: 9221 1411

Or visit online [here](#)

## Derbarl Yerrigan

Derbarl Yerrigan is an Aboriginal Community Controlled Health Service offering primary healthcare and allied health services.

Their Maternal and Child Health Program supports pregnant mums and provides child health check-ups.

For more information:

Call: 1300 420 272

Or visit online [here](#)

## Moort Boodjari Mia

Moort Boodjari Mai is run by St John of God Midland Public Hospital and supports Aboriginal mothers and children during and after pregnancy.

The service takes a whole-family approach, working with family members, including grandmothers and aunts, to provide care.

For more information click [here](#)

## Aboriginal Health Teams

The Aboriginal Health Teams offer culturally secure services for Aboriginal families with children aged 0-5 across Perth. They provide extra support for vulnerable families through targeted, intensive services focused on children and young people.

There are nine teams across Perth, including:

- Aboriginal Health Workers
- Community Health Nurses
- Medical Officer
- Speech Pathologist
- Occupational Therapist
- Aboriginal Health Promotion Officers
- Aboriginal Liaison Officers

For more information, list of locations, and contact details click [here](#)



## RUAH Community Services

Ruah is a community service provider in WA, supporting clients to create meaningful change. Services include family support, mental health, housing and homelessness, legal assistance, and the Ruah Centre for women and children.

For more information:

Call: 13 78 24

Email: [connecting@ruah.org.au](mailto:connecting@ruah.org.au)

Or visit online [here](#)

## Legal Yarn

Legal Yarn is a culturally safe phone service by Legal Aid WA for Aboriginal and Torres Strait Islander people, run by mob for mob. They provide help with legal issues like unpaid fines, family law, child protection, and criminal law.

This service is **free** and confidential.

For more information:

Call: 1800 319 803

Or visit online [here](#)

## Moorditj Yarning

The Moorditj Yarning program, offered by Relationships Australia WA, provides counselling for individuals, families, and children (6+). They also run small group sessions at Banksia Grove Primary School and Shorehaven Primary School.

For more information:

Call: 1300 364 277

Or visit online [here](#)

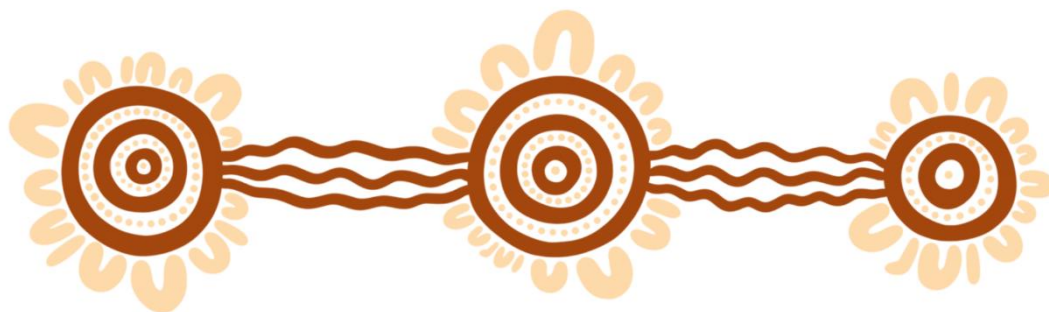
## Women's Health and Family Services

Women's Health and Family Services is not an Aboriginal organisation but offers programs tailored to the unique needs of Aboriginal families. They specialise in women's health, providing medical care, counselling, and support for issues such as drug and alcohol use, domestic violence, mental health, and more.

For more information:

Call: 6330 5400

Or visit online [here](#)



# SUPPORT FOR CALD FAMILIES

## Multicultural Community Centre

The Multicultural Community Centre is located at Koondoola Primary School, they help refugee families with health, settlement, education, and transition needs, and transport support.

For more information:

Call: 9345 6219

Or visit online [here](#)

## Multicultural Service Centre of WA

The Multicultural Service Centre of WA offers community services like aged care, disability support, settlement help, and mental health programs. They also offer:

- The Multicultural Disability Services Program, to learn more click [here](#).
- Family and Community Support Services, to learn more click [here](#).

For more information:

Call: 08 9328 2699

Or visit online [here](#)

## MercyCare

Mercy Care provides support for asylum seekers, refugees, and new migrants in WA, including settlement services, employment support, and classes.

For more information, call:

Mirrabooka: 6298 9888

Cannington: 6298 9800

Or visit online [here](#)

## Ishar Multicultural Women's Health Services

Ishar Multicultural Women's Health Services supports women from diverse backgrounds with services like health care, domestic violence support, youth programs, mental health care, education, and advocacy.

For more information:

Call: 08 9345 5335

Email: [info@ishar.org.au](mailto:info@ishar.org.au)

Or visit online [here](#)

## Kin Disability and Advocacy for Diverse Communities

Kin Disability and Advocacy for Diverse Communities supports people with disabilities, especially those with cultural or language barriers, through advocacy, programs, training, and a community hub.

For more information:

Call: 1800 659 921 or 08 0388 7455

Email: [admin@kinadvocacy.org.au](mailto:admin@kinadvocacy.org.au)

Or visit online [here](#)





## Legal Aid WA

Legal Aid WA supports CALD families with translation, interpreters, legal advice, and representation for family law, child protection, domestic violence, immigration, and court cases. They also offer legal education to help CALD communities understand their rights.

For more information:

Call: 1300 650 579

Or use their online info chat accessible on their webpage [here](#)

## Multicultural Youth Advocacy Network of Western Australia

The Multicultural Youth and Advocacy Network (MYAN) of WA supports young people from refugee and migrant backgrounds by addressing their unique challenges. They offer networking, policy advocacy, youth leadership, and community programs.

For more information, call:

Vic: 9340 3700

WA (YACWA): (08) 9227 5440 or (08) 9328

Or visit online [here](#)

## WA Office of Multicultural Interests

The Office of Multicultural Interests (OMI) of WA, is a part of the Department of Local Government, and promotes multiculturalism and supports diverse communities. Services include grants, training, policy advice, and resources, while fostering inclusion and supporting multicultural events.

For more information:

Call: (08) 6552 7300

Or visit online [here](#)

## Association for Services to Torture and Trauma Survivors

The Association for Services to Torture and Trauma Survivors (ASeTTS) supports humanitarian entrants and refugees who have experienced torture or trauma in their home country, during their journey, or in detention.

For more information click [here](#)

Or call (08) 9227 2700



# OTHER SUPPORT FOR CALD FAMILIES

## **AMES Australia**

**Settlement, English training, and job services.** Visit [here](#) or call (08) 9361 4644.

## **Australian Government Department of Home Affairs**

**Manages visas, immigration, and refugee programs.** For more info click [here](#), for info on programs click [here](#).

## **Australian Refugee Health Practice Guide**

For more info click [here](#).

## **Australian Red Cross**

For more info click [here](#).

## **Australian Multicultural Foundation (AMF)**

For more info click [here](#).

## **Community Refugee Sponsorship Australia**

For more info click [here](#).

## **Embrace Multicultural Mental Health**

**Mental health** resources for multicultural communities. For more info click [here](#).

## **National Ethnic Disability Alliance (NEDA)**

Advocates for CALD individuals with **disabilities**. For more info click [here](#).

## **Federation of Ethnic Communities' Council of Australia (FECCA)**

For more info click [here](#).

## **Health Translations**

Directory of **translated health resources**. For more info click [here](#).

## **Refugee Council of Australia**

Directory of support services, click [here](#).

## **Multicultural Youth Advocacy Network Australia (MYAN)**

For more info click [here](#).

## **Justice Connect**

**Legal assistance.** For info click [here](#).

## **Refugee Legal**

**Free legal support** for asylum seekers and migrants. Legal services click [here](#).

## **Services Australia**

Social and health services. Click [here to visit](#), click [here](#) for language options.

## **Settlement Services International**

Settlement and community programs for refugees. For more info click [here](#).

## **The Forum of Australian Services for Survivors of Torture and Trauma**

FASSTT do rehab and training for torture survivors. For more info click [here](#).

Witness to War Hotline:

Free call 1800 845 198 (7am - 4pm)

# LEGAL SERVICES

## Legal Aid WA

Legal Aid WA offers **free or low-cost** legal services to the community and can help if you have questions about the law, if you are going to court, or if you need advice on a legal problem. If you have trouble getting help because of a disability, language barriers, or your location, they will help you access their services.

For more information about Legal Aid:

Call 1300 650 579

Or visit online [here](#)

## Northern Suburbs Community Legal Centre

Northern Suburbs Community Legal Centre aims to provide client centred services that are offered primarily across the northern metropolitan area, with some programs extended further across the State. There are offices in Mirrabooka, Wanneroo, Joondalup and Yanchep and they partner with other community focused organisations to deliver diverse services in a range of specified locations. They provide a number of services, including those for families going through separation and family court.

For more information about NSC Legal:

Call (08) 9440 1663

Email [info@nsclegal.org.au](mailto:info@nsclegal.org.au)

Or visit online [here](#)

## Australian Centre for Disability Law

The Australian Centre for Disability Law helps protect the rights of people with disabilities by providing legal advice, education, and advocacy. They work to ensure equality and inclusion for individuals with disabilities in all areas of life.

For more information visit online [here](#).



# COMMUNITY EVENTS & RECREATION



## Discover Wanneroo

The Discover Wanneroo website showcases the attractions and experiences in Wanneroo. Including beaches, national parks, dining, and events.

- Visit the website [here](#) to see what's happening in your area

## Leisure Centres

The City of Wanneroo's Sport & Leisure page provides information on local recreational facilities and activities, including aquatic centres, sports stadiums, parks, and community programs.

- Visit the website [here](#)

## Wanneroo Aquamotion

Aquamotion is a family friendly fitness and leisure centre located in the heart of Wanneroo featuring a fully equipped [gym](#), a range of [group fitness classes](#), fully tailored [personal training](#) and fantastic [aquatic facilities](#).



- Visit the website [here](#)

## Kingsway Indoor Stadium

Kingsway Indoor Stadium, located in Madeley, is a premier sports facility offering multipurpose courts, fitness classes, and programs for all ages. It's a hub for sports, fitness, and community events.

- Visit the website [here](#)



# GOVERNMENT PAYMENTS

The Australian Government offers parenting payments to help with raising children, based on income and other criteria. See the Raising Children Network (RCN) page for updated details. Click [here](#) to visit the RCN **government parenting payments** page.

Click [here](#) to visit the **Centrelink** benefits page.

Click [here](#) for a **guide to Australian Government payments**.

Click [here](#) to visit the **Medicare** health care benefits page. For more info click [here](#)

# OTHER USEFUL SERVICES

(Outside of the City of Wanneroo)

## Ngala Residential Parenting Service

Ngala's Residential Parenting Service supports parents of children aged 0-6 with challenges like sleep, feeding, and behaviour, offering personalized strategies through day and extended stays. Visit their website [here](#)

## Mother Baby Units

The Mother Baby Unit at King Edward Memorial Hospital supports mothers and babies with mental health issues like postnatal depression and anxiety. Click [here](#) for more info.

The Fiona Stanley Hospital Mother and Baby Unit provides care for mental health challenges during late pregnancy and postnatal periods, including depression, anxiety, and psychosis. Click [here](#) for more info.

## Koorliny Moort

Koorliny Moort at Perth Children's Hospital assists Aboriginal families and their kids in navigating the healthcare system by coordinating appointments, offering care closer to home, and providing cultural support. Click [here](#) for more information.

## Grandcarers Support Scheme

The Grandcarers Support Scheme provides \$1,000 annually per eligible grandchild to support full-time grandparent carers in WA. Grandparents must be primary informal carers for at least four months and live in WA. For more information click [here](#).

## Service Finder Websites

It's hard to keep track of all the services available. Here are some online tools to help you:

- Health Direct service finder [here](#)
- Infoxchange Service Seeker [here](#)
- Australia's National Equipment Database on AskNED [here](#)

# HOW TO FIND RELIABLE INFORMATION

## How to tell if a resource is credible

With so much parenting information on the internet and social media, it can be overwhelming and difficult to know what information to trust. Here is a simple list of ways to check resources to see if the information is evidence-based (vs. someone's own opinions).



### Check the domain name

- Websites that include .edu (education) or .gov (government) are generally credible.
- Websites containing .org (organisation) may contain credible information, just consider the organisations purpose and agenda.
- Websites including .au are Australian.



### Look closely at the sources

- When was the information published? If it is not recent (within the last 5-10 years), new information may be available. Who are the authors? Are they listed and what are their credentials?
- Do they cite authoritative sources or just their own opinions without backing them up with facts?



### Find back up information

- It can be helpful to search for additional information to back up what you have found.
- For example, if you are looking for information on parenting, check several reputable websites such as the Raising Children Network and Ngala for local information.



### Don't be afraid to dig deeper

- Easily accessible places such as social media, online forums and blogs can be helpful places to start, however, they are often based on opinions as opposed to facts.
- Keep searching for more credible sources such as government websites, medical journals etc.

1. <https://www.betterhealth.vic.gov.au/health/servicesandsupport/finding-reliable-health-information>

2. <https://www.utep.edu/extendeduniversity/utepconnect/blog/march-2017/4-ways-to-differentiate-a-good-source-from-a-bad-source.html#:~:text=Take%20a%20closer%20look%20at,check%20the%20date%20of%20publication.>



## List of Resources:

**Child Health Centres** – [Link here](#)

**Child Development Services** – [Link here](#)

**Allied Health Services** – [Physiotherapy](#), [Psychology clinical or private](#), [Speech Pathology](#), [Occupational Therapy](#)

**Perth Kids Hub** – [Link here](#)

**Child & Adolescent Mental Health Services** – [Link here](#)

**The Cusp - Children's mental health services by Wanslea** – [Link here](#)

**Playgroups** – [Link here](#)

**Libraries** – [Link here](#)

### **Child Development Programs**

Attachment and Biobehavioural Catch-Up (ABC) – [Link here](#)

CliniKids – [Link here](#)

Early Childhood Approach (ECA) – [Link here](#)

ENVISAGE – [Link here](#)

First Steps for Autism – [Link here](#)

Home Interaction Program for Parents and Youngsters (HIPPY) – [Link here](#)

### **Support for Parents**

Child and Parent Centres – [Link here](#)

Connected Communities – [Link here](#)

Meerilinga – [Link here](#)

Mirrabooka/Joondalup Family Support Network – [Link here](#)

Ngala – Parenting Line & ForWhen Helpline – [Link Ngala](#) and [ForWhen](#)

Parenting Connection WA – [Link here](#)

Parenting Under Pressure (PUP) – [Link here](#)

Pregnancy to Parenthood – [Link here](#)

Starting Blocks – [Link here](#)

The Spiers Centre – [Link here](#)

Women's Health and Family Services – [Link here](#)

## **Support for Dads**

Dads Coffee Group – [Link here](#)

DadsWA Ngala – [Link here](#)

SMS4Dads – [Link here](#)

The Fathering Project – [Link here](#)

## **Families & Children Needing Additional Support**

Ability WA – [Link here](#)

Anglicare WA Disability Support Services – [Link here](#)

Aus-Ability WA – [Link here](#)

Autism Association of WA – [Link here](#)

Carers WA – [Link here](#)

Community Vision – [Link here](#)

Development Disability WA (DDWA) – [Link here](#)

Healthy Mothers Healthy Families – [Link here](#)

Identity WA – [Link here](#)

Inclusive Care – [Link here](#)

Karlah Care – [Link here](#)

Key Assets Disability Services – [Link here](#)

Kiind – [Link here](#)

MercyCare Disability Support Services – [Link here](#)

MyTime – [Link here](#)

NDIS & ECA – [Link to NDIS here](#), and [ECA here](#)

RippleAbility – [Link here](#)

Rocky Bay – [Link here](#)

Senses WA – [Link here](#)

Strive – [Link here](#)

Therapy Focus – [Link here](#)

Uniting WA – [Link here](#)

VisAbility – [Link here](#)

Wanslea & ECA – [Link here](#)

## Immediate Support Contacts

Aboriginal & Torres Strait Islander People

13 Yarn: [13 92 76](tel:139276)

Thirrili: [1800 805 801](tel:1800805801)

Alcohol & Drugs ----- Alcohol & Drug Support Line – [08 9442 5000](tel:0894425000) / [1800 198 024](tel:1800198024)

Parent & Family Drug Support Line – [08 9442 5050](tel:0894425050) / [1800 653 203](tel:1800653203)

Carer Support ----- Carers WA: [1300 227 377](tel:1300227377)

Carer Gateway: [1800 422 737](tel:1800422737)

Children & Youth ----- Kids Helpline (age 5-25): [1800 55 1800](tel:1800551800)

Parent Line: [1800 654 432](tel:1800654432)

Youth Beyond Blue (age 12-25): [1300 224 636](tel:1300224636)

Headspace (age 12-25): [1800 650 890](tel:1800650890)

Crisis Support ----- CrisisCare helpline: [1800 199 008](tel:1800199008) / [9223 1111](tel:92231111)

Ask Izzy – [Link here](#)

WA Connect – [Link here](#)

FDV ----- 1800 RESPECT: [1800 737 732](tel:1800737732)

Women's DV helpline: [1800 007 339](tel:1800007339)

Men's DV helpline: [1800 000 599](tel:1800000599)

Patricia Giles Centre: [1800 199 008](tel:1800199008)

Homelessness ----- Entrypoint: [1800 124 684](tel:1800124684) / [08 6496 0001](tel:0864960001)

City of Wanneroo Hardship and Homelessness Services – [Link here](#)

Reconnect Program (youth) – [Link here](#)

Mental Health ----- Mental Health Emergency Response: [1300 555 788](tel:1300555788)

MensLine: [1300 789 978](tel:1300789978)

LifeLine: [13 11 14](tel:131114)

Beyond Blue: [300 224 636](tel:300224636)

Wellways: [1300 111 500](tel:1300111500)

QLife (LGBTIQ+): [1800 184 527](tel:1800184527)

Police ----- Emergency: [000](tel:000)

Non-emergency: [131 444](tel:131444)

Women's Refuge ----- RUAH Community Services: [13 78 24](tel:137824)

Zonta House: [1800 870 149](tel:1800870149)

### **Support for Aboriginal Families**

Aboriginal Health Teams – [Link here](#)

Derbal Yerrigan – [Link here](#)

Ebenezer Aboriginal Corporation – [Link here](#)

Legal Yarn – [Link here](#)

Meerilinga – Aboriginal Parent Support Services (APSS) – [Link here](#)

Moorditj Koort – [Link here](#)

Moorditj Yarning – [Link here](#)

Moort Boodjari Mia – [Link here](#)

RUHA Community Services – [Link here](#)

Women's Health and Family Services – [Link here](#)

Wungening Aboriginal Corporation – [Link here](#)

Yorgum – [Link here](#)

### **Support for CALD Families**

Association for Services to Torture and Trauma Survivors – [Link here](#)

Ishar Multicultural Women's Health Services – [Link here](#)

Kin Disability and Advocacy for Diverse Communities – [Link here](#)

Legal Aid WA – [Link here](#)

MercyCare – [Link here](#)

Multicultural Community Centre – [Link here](#)

Multicultural Service Centre of WA – [Link here](#)

Multicultural Youth Advocacy Network of Western Australia – [Link here](#)

WA Office of Multicultural Interests – [Link here](#)

### **Other Support for CALD Families**

AMES Australia – [Link here](#)

Australian Government Department of Home Affairs – [Link here](#), [programs link here](#)

Australian Multicultural Foundation (AMF) – [Link here](#)

Australian Red Cross – [Link here](#)

Australian Refugee Health Practice Guide – [Link here](#)

Community Refugee Sponsorship Australia – [Link here](#)

Embrace Multicultural Mental Health – [Link here](#)

Federation of Ethnic Communities' Council of Australia (FECCA) – [Link here](#)

Health Translations – [Link here](#)

Justice Connect – [Link here](#)

Multicultural Youth Advocacy Network Australia (MYAN) – [Link here](#)

National Ethnic Disability Alliance (NEDA) – [Link here](#)

Partners in Culturally Appropriate Care (PICAC) – [Link here](#)

Refugee Council of Australia – [Link here](#)

Refugee Legal – [Link here](#)

Services Australia – [Link here](#)

Settlement Services International – [Link here](#)

The Forum of Australian Services for Survivors of Torture and Trauma – [Link here](#)

### **Legal Services**

Australian Centre for Disability Law – [Link here](#)

Legal Aid – [Link here](#)

Norther Suburbs Community Legal Centre – [Link here](#)

### **Community Events and Recreation**

Discover Wanneroo – [Link here](#)

Kingsway Indoor Stadium – [Link here](#)

Leisure Centres – [Link here](#)

Wanneroo Aquamotion – [Link here](#)

### **Government Payments**

Centrelink Support Payments - [Link here](#)

Guide to Australian Government payments – [Link here](#)

Medicare health benefits – [Link here](#). For more info [link here](#)

Parenting Government Payments (Raising Children Network) – [Link here](#)

### **Other Useful Services**

Grandcarers Support Scheme – [Link here](#)

Koorliny Moort – [Link here](#)

Mother Baby Units ----- King Edward Memorial Hospital – [Link here](#)

Fiona Stanley Hospital – [Link here](#)

Ngala Residential Parenting Service – [Link here](#)

Service Finder Websites ----- Health Direct – [Link here](#)

Infoxchange Service Seeker – [Link here](#)

AskNED (National Equipment Database) – [Link here](#)

**Child Developmental Milestone Tables** – pages 32-38 of this booklet

## List of Acronyms:

**AHS** – Allied Health Services

**CAMHS** – Child & Adolescent Mental Health Services

**CDS** – Child Developmental Services

**CHC** – Child Health Centre

**COW** – City of Wanneroo

**CPC** – Child & Parent Centres

**ECA** – Early Childhood Approach

**ECEI** – Early Childhood Early Intervention

**NDIS** – National Disability Insurance Scheme

**OT** – Occupational Therapy

**STARS** – Strengths-based, Tiered, Accessible Resources & Supports

## References:

1. Berk, L.E., *Child Development*. 9th ed. 2012.
2. University, C.o.t.D.C.a.H., *The foundations of lifelong health are built in early childhood*. 2010: Harvard University.
3. Network, R.C. *Early childhood intervention: quality services and supports*. 2023 [cited 2024 12 August]; Available from: <https://raisingchildren.net.au/disability/services-support/children-with-disability-early-intervention-and-therapy/quality-in-early-childhood-intervention>.