

Getting help

If you do decide to get some counselling or join a support group here's some services that you might want to get in contact with:

Phone Counselling

Kids Help Line 1800 551 800

Confidential phone counselling, 24hrs (5-18yrs)
Web chat or email a counsellor at: www.kidshelp.com.au

Lifeline 13 11 14

Confidential phone counselling, 24hrs (all ages)

Mental Health Support Services

YouthLink/YouthReach South/Youth Axis 1300 362 569
Counselling & Psychotherapy (13-24yrs)

Youth Focus 6266 4333

Counselling, Education, Peer Support (12-18yrs)

ARAFMI Youth Services 9427 7100
or FREECALL 1800 811 747 (rural)

Association of Relatives and Friends of the Mentally Ill

182-188 Lord St, Perth

Support for family & friends (8-18yrs)

Child and Adolescent Mental Health

Service Head Office 6389 5800

Specialist assessment, treatment & service to children, adolescents and their families experiencing severe emotional, psychological, behavioral, social & or mental health problems (0-18 yrs)

<http://pmh.health.wa.gov.au/general/camhs>

Headspace

Australia's Youth Mental Health Foundation

<http://www.headspace.org.au/> 1800650890

Crisis Situations

You can try these numbers or just go to your local hospital emergency department if your feeling very depressed and/ or suicidal.

Mental Health Emergency Response Line (MHERL)
Crisis Care 9223 1111 or FREECALL 1800 199 088

Emergency Medical Support

Princess Margaret Hospital 9340 8222
Roberts Rd, Subiaco (6-16 yrs)

Royal Perth Hospital 9224 2244
Wellington St, Perth

Sir Charles Gairdner Hospital 9346 3333
Hospital Ave, Nedlands

Doctors (who bulk-bill)

Street Doctor 9376 9200

Perth Medical Centre 9481 4342
Shop 713, Hay St Mall, Perth

Derbarl Yerrigan Health Service 9421 3888
156 Wittenoom St, East Perth



Geoffrey Sambell Centre
23 Adelaide Terrace,
East Perth 6004

Web: www.anglicarewa.org.au
Email: step1@anglicarewa.org.au
Ph: (08) 9325 7033
Mob: 0418 942 475



223 James St
Northbridge WA 6003
Web: www.youthlink.perthwa.net

Ph: 9227 4300
For referrals: 1300 362 569

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Extreme Emotions

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Extreme emotions?

Some people experience and have difficulty managing extreme and over-whelming emotions. It can be confusing why these emotions may arise. When a person has extreme and overwhelming emotions they may have:

- Weird experiences– like things aren't real around them or they don't feel real.
- Flashbacks – like they are reliving a memory of a past event. These events are often frightening.
- Nightmares.
- Seeing and/or hearing things (including voices) that others can't hear or see.

It can be very difficult to cope with these extreme emotions. Extreme and overwhelming emotions can make it difficult for a person to feel confident in:

- Who they are
- Their relationships
- Their ability to manage emotions.

When a person loses confidence they may believe that there is something wrong with them and that it is not OK to express themselves or their emotions. Some people may be more likely to punish themselves and in some cases harm themselves. These beliefs are unrealistic and make it very confusing. Getting help can be confronting and very difficult, but getting help from others is essential in dealing with overwhelming emotions. There are services out there that specialise in helping young people to manage their emotions better in a confidential and supportive setting.

YouthLink is one service which offers a counselling and psychotherapy service designed to help young people gain an awareness of problematic thoughts and beliefs, support young people to manage distressing emotions and develop a stronger sense of who they are. Services like this can make huge differences in improving a young person's confidence to manage their emotions and confidence in themselves. But you may feel uncertain about seeing a counsellor.

A few tips in preparing for counselling:

Nervousness

Many people get nervous thinking about getting help. This is perfectly natural. Nervousness shows that this is important to you. If you didn't care about getting help, you wouldn't feel nervous.

Know what you need

You might want to think about what you're hoping to get out of therapy or counselling. Do you want to feel differently? Do you want to make different choices?

Think of someone that cares about you

What 3 things would they want for you, to make your life better?

Looking for a therapist

Ring around to some of the places on this pamphlet. Have a chat with them about what services they provide. What are you looking for in a therapist? Do you have friends that would recommend someone?

Your first session

Treat your first session as a test drive, and tell the therapist that. You might want to take someone else with you for support. In the first session the therapist will want to get to know you a little, and get an idea about what you're wanting to achieve. You will be seeing if the counsellor is friendly, a good listener, someone you can trust and work with.

Helping others

If you know someone who needs help in dealing with overwhelming emotions:

Listen

Listen to them, offer help and assist them to find support - but don't force them.

Try not to be judgmental

Being judgmental will only create barriers between yourself and the other person and won't change anything. If they are willing to talk to you, you may be one of the few people they trust.

Find support for yourself

You can call up some of the agencies on the back and talk to them without telling them about your friend. It's important to take care of yourself as you support your friend.