**Wellbeing Resources:**

* **Youth Focus**Works with young people aged 12-25 to help them overcome issues through the provision of free, unlimited and professional face-to-face individual counselling and other mental health services.  
  [**https://youthfocus.com.au/**](https://youthfocus.com.au/)
* **Headspace**Information and services for young people, their families and friends as well as health professionals can be accessed.

[**https://headspace.org.au/young-people/category/a-healthy-headspace**](https://headspace.org.au/young-people/category/a-healthy-headspace)

* **Welfare Rights and Advocacy Services**Provide independent advice, information, referral and ongoing casework assistance including representation and advocacy. [**http://www.wraswa.org.au/services/**](http://www.wraswa.org.au/services/)
* **Perth Inner City Youth Service**Promote and support the positive wellbeing, appreciation, active participation and voices of young people in Perth**.**[**http://picys.org.au/**](http://picys.org.au/)
* **Young Carers WA**Giving support and advice to young people who are carers for family members and friends who have disability.  
  [**https://www.youngcarerswa.asn.au/**](https://www.youngcarerswa.asn.au/)