



Give us a CALL or
DROP in to Palmerston...

PERTH
134 Palmerston Street Perth
9328 7355

FARM THERAPEUTIC COMMUNITY
Contact through Palmerston Perth

FREMANTLE
Level 3, 22 Queen Street Fremantle
9430 5986

ROCKINGHAM
Unit 2, 31 Council Avenue Rockingham
9550 9200

MANDURAH
22 Tuckey Street Mandurah
9581 4010

THORNLIE
312 Spencer Road Thornlie
9267 2400

ALBANY
Unit 3, 90 Frederick Street Albany
9892 2100

DENMARK
7/39 Strickland Street Denmark
9848 1491

KATANNING
19 Daping Street Katanning
9821 8306

Email mail@palmerston.org.au

What can we OFFER?

Free and confidential

- counselling for your own alcohol or drug use
- counselling if you are worried about some one else
- counselling and support for family and friends
- counselling if you are in trouble with the law
- information about other services



Palmerston
Improving your wellbeing

YOUTH COUNSELLING



www.palmerston.org.au

WHO are we?

Palmerston is an organisation that provides counselling and education to individuals, families and communities who are affected by alcohol and/or drug use. We have a number of locations throughout Perth and regional Western Australia.



What is COUNSELLING?

Counselling is talking with someone who is professionally trained to provide information and support if you are curious, concerned or having problems with your drug use or someone else's drug use. A counsellor can help you find new ways to manage issues that are affecting you.



Is it CONFIDENTIAL?

Yes. Any contact you have with us is confidential. It is important for you to know that whatever you talk about in counselling stays private. We will ask your permission before we speak with anyone else about what's happening for you.

How much will it COST?

Counselling at Palmerston is FREE

HOW LONG is a counselling appointment?

Most counselling sessions are about an hour long

What do I do NOW?



Well, counselling might help... you could call them?

So, what do I do now?

We could call them together...



Um, hi... my name's Cassie. I want to make a counselling appointment.

Hi Cassie, no problem. I'll just get a couple of details from you...