



Visit our website for branch locations or call/email:

Albany
P: (08) 9892 2100 albany@palmerston.org.au

Armadale
P: (08) 9399 5344 armadale@palmerston.org.au

Denmark
P: (08) 9848 1491 albany@palmerston.org.au

Fremantle
P: (08) 9430 5966 fremantle@palmerston.org.au

Katanning
P: (08) 9821 8306 katanning@palmerston.org.au

Mandurah
P: (08) 9581 4010 mandurah@palmerston.org.au

Perth
P: (08) 9328 7355 perth@palmerston.org.au

Residential Rehab
Contact through the Perth office

Rockingham
P: (08) 9550 9200 rockingham@palmerston.org.au

Thornlie
P: (08) 9287 2400 thornlie@palmerston.org.au

Corporate Services
P: (08) 6389 6600 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

Youth help lines

Kidshelpline.com.au - 1800 551 800

Lifeline - 13 11 14



We acknowledge Aboriginal people as the traditional custodians of this land upon which we walk together. We recognise that Palmerston services are located on Nyoongar country.

YOUTH COUNSELLING



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?



We could call them together...

