

# Helpful contacts

## CRISIS & SUICIDE PREVENTION

Lifeline [24hrs]	13 11 14 or SMS to 0477 131 114
Mental Health Emergency Response Line (MHERL) [24hrs]	1300 555 788
Crisis Care Helpline [After hours]	9223 111
Samaritans Crisis Line [24hrs]	135 247
Suicide Call Back Service [24hrs]	1300 659 467
The Samaritans Youth Suicide line [24hrs]	1800 198 313
CAMHS Crisis Connect [24 hrs]	1800 048 636
Rurallink [4.30pm-8.30am Mon-Fri, 24hrs Sat, Sun and Public Holidays]	1800 552 002

## SEXUAL ABUSE / DOMESTIC ABUSE

Sexual Assault Resource Centre (SARC) [24hrs]	1800 199 888 or 9340 1828
Domestic Violence Hotline Women [24hrs]	1800 007 339
Domestic Violence Hotline Men [24hrs]	1800 000 599
Family Violence Counselling [24 hrs] (1800 RESPECT)	1800 737 732

## FAMILY / INDIVIDUAL SUPPORT

Family Helpline [24hrs]	9223 1100
Mensline Australia [24hrs]	1300 789 978
Beyond Blue [24hrs]	1300 224 636
SANE Helpline [Mon-Fri, 10am-10pm]	1800 187 263
PANDA (Perinatal Anxiety & Depression (Mon-Fri, 10am-5pm AEST)	1300 726 306

## YOUTH SUPPORT

Youth Futures WA (Shelter)	9300 2677
Kids Helpline [24hrs]	1800 551 800
Headspace	1800 650 890
Youth Focus [8.30am - 4.30pm]	9266 4333
Perth Inner City Youth Services (PICYS) [9am - 5pm]	9388 2791

## ABORIGINAL & TORRES STRAIT ISLANDER

Strong Spirit Strong Mind	<a href="http://strongspiritstrongmind.com.au">strongspiritstrongmind.com.au</a>
WellMob	<a href="http://wellmob.org.au">wellmob.org.au</a>
13 Yarn	13 92 76
Brother to Brother 24-hour crisis line	1800 435 799
The Indigenous Suicide Postvention Services After Suicide 24/7	1800 805 801

## LGBTIQ+

AYLA [Transitional Accommodation]	9414 7286
Living Proud	9486 9855
Transfolk [Transgender Community]	<a href="mailto:admin@transfolkwa.org">admin@transfolkwa.org</a>
Qlife [3pm - 12am]	1800 184 527
Psychological Health Care [Sexual Identity help] by appointment	9275 9406

## ACCOMMODATION

Access Housing [9am - 5pm]	9430 0900
Salvation Army [Homelessness and Crisis]	13 72 58
Shelter WA [9am - 5pm]	9325 6660

## ALCOHOL AND OTHER DRUG - SUPPORT

Alcoholics Anonymous + Narcotics Anonymous meetings	1300 222 222
Parent and Family Drug Support Line [24hrs]	1800 653 203
Alcohol and Drug Support Line[24hrs]	9442 5000

## CARERS

Carers WA [8.30am - 4.30pm]	1800 227 377
Carers Counselling Line [8.30am - 7.30pm]	1800 007 332

## LEGAL ADVICE

Legal Aid [9am - 4pm]	1300 650 579
MIDLAS [9am - 4pm]	9250 2123

## MULTICULTURAL

Ishar Multicultural Women's Health Care Centre [8.30am - 4pm]	9345 5335
Life Without Barriers	0418 724 549
Multicultural Futures	9336 8282



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