

Helpful Contacts

Crisis & Suicide Prevention

Lifeline [24hrs]	13 11 14 or SMS 0477 131 114
Mental Health Emergency Response Line (MHERL) [24hrs]	1300 555 788
Crisis Care Unit [After hours]	1800 199 008
Samaritans Emotional Support line [8am–8pm]	6383 9850
Suicide Call Back Service [24hrs]	1300 659 467
CAMHS Crisis Connect [24hrs]	1800 048 636
Rurallink [Mon–Fri 4.30pm–8.30am; 24hrs Sat, Sun & Public Holidays]	1800 552 002

Sexual Abuse & Domestic Violence

Sexual Assault Resource Centre (SARC) [24hrs]	1800 199 888 or 6458 1828
Domestic Violence Hotline Women [24hrs]	1800 007 339
Domestic Violence Hotline Men [24hrs]	1800 000 599
Family Violence Counselling [24hrs] (1800 RESPECT)	1800 737 732

Family & Individual Support

Ngala Parenting Helpline [8am–8pm]	9368 9368
Mensline Australia [24hrs]	1300 789 978
Beyond Blue [24hrs]	1300 224 636
SANE Helpline [Mon–Fri, 10am–8pm AEST]	1800 187 263
Perinatal Anxiety & Depression (PANDA) [Mon–Fri, 9am–7.30pm 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]	6266 4333
Perth Inner City Youth Services (PICYS) [Mon–Fri, 9am–5pm]	9388 2791

Aboriginal & Torres Strait Islander

Strong Spirit Strong Mind	strongspiritstrongmind.com.au
WellMob	wellmob.org.au
13 Yarn	13 92 76
Brother to Brother Crisis Line [24hrs]	1800 435 799
The Indigenous Suicide Postvention Services After Suicide [24hrs]	1800 805 801

LGBTIQ+

Living Proud	9486 9855 or 0481 085 215
Transfolk [Transgender Community]	admin@transfolkofwa.org
Qlife [3pm–12am daily, AEST]	1800 184 527
Psychological Health Care [Sexual Identity help] by appointment	9275 9406

Accommodation

Entrypoint [Mon–Fri 9am–7pm; Sat–Sun 9am–5pm]	1800 124 684 or 6496 0001
Salvation Army [Homelessness and Crisis]	13 72 58
Foundation Housing [Mon–Fri 8.30–4.30pm]	9422 0700

Alcohol & Other Drugs

Alcoholics Anonymous [24hrs]	1300 222 222
Alcohol and Drug Support Line [24hrs]	9442 5000 (Metro) & 1800 198 024 (Country)
Narcotics Anonymous	1300 652 820
Parent and Family Drug Support Line [24hrs]	9442 5050 (Metro) & 1800 653 203 (Country)

Carers

Carers WA [Mon–Fri 8.30am–4.30pm]	1300 227 377
Carer Gateway Service [Mon–Fri 8am–5pm]	1800 422 737

Legal Advice

Legal Aid [9am–4pm]	1300 650 579
MIDAS [9am–4pm]	9250 2123

Multicultural

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