



**READY AVAILABLE  
SUPPORT SERVICES**

## **EMERGENCY SERVICES**

**For immediate assistance - ALL HOURS**

**Police / Fire / Ambulance (landline) 000**

**Police / Fire / Ambulance (from mobile) 112**

Use this number if no credit or no network coverage.

## **CRISIS HELPLINES**

**Lifeline 13 11 14**

24/7 crisis telephone counselling, suicide intervention and prevention, mental health support service.

**Crisis Care (Family Helpline) 9223 1111 (metro) - 1800 199 008 (country)**

Problems within the family, including domestic violence, homelessness, child welfare and general arguments.

**Kids Helpline 1800 551 800**

Free telephone and online counselling service for young people between 5 and 25 years.

**Men's Line 1300 789 978**

Dedicated service for men with relationship and family concerns.

**Women's Domestic Violence Helpline 9223 1188**

Free telephone support and counselling for women experiencing family and domestic violence.

**Men's Domestic Violence Helpline 9223 1199 or 1800 000 599**

Telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners.

**Rural Link 1800 720 101**

Specialist after-hours telephone service for the rural communities of WA. Deals with depression, mental health issues, and suicide.

**Samaritans Care Line 9381 5555 (metro)**

**Samaritans Care Line 1800 198 313 (country)**

**Samaritans Youth Line 9388 2500**

Non-religious, non-judgemental careline, offering emotional support to the lonely, despairing and suicidal.

**Alcohol & Drug Information Service (ADIS) 9442 5000**

Information, referral and counselling for substance users and family members.

**Mental Health Emergency Response Line 9224 8888**

Rapid response to mental health emergencies, including advice for carers.

**Parenting WA** 6279 1200

Information, support and referral services to parents, carers, grandparents and families with children up to 18 years.

**Sexual Assault Resource Centre (SARC)** 9340 1828

Free assistance and support to any male or female, aged 13 years and over, who has experienced unwanted sexual contact or behaviour. Counselling also available.

## MENTAL HEALTH AND OTHER SUPPORT SERVICES

**Arbor** 9266 1029

(Mon-Fri, 9am-4pm) Free outreach counselling service for those bereaved by suicide or sudden death.

**Child Protection Unit** 9340 8646

(Mon-Fri, 8.30am-5.00pm) Within Princess Margaret Rose Hospital. Ensures that children are protected whilst in hospital and on discharge. Covers child abuse, injury, neglect and well being.

**Ngala Family Resource Centre** 9368 9368

(7 days, 8am-8pm) Early parenting services, support and guidance for families and young children.

**Youth Focus** 9266 4333

(Mon, Thu, Fri, 9am-5pm • Tue, Wed, 9am-7.30pm) Working with young people, aged 12-18 yrs who show signs of depression, self-harm and suicide. Also supports families.

**SANE** 1800 187 263

(Mon-Fri, 9am-5pm) Information and helpline for people with mental health issues.

**Beyond Blue** 1300 224 636 (information only)

Information on a wide variety of mental health problems for sufferers, carers and professionals.

**Fremantle Multicultural Centre** 9336 8282

(Mon-Fri, 8.30am-4.30pm) Crisis accommodation and settlement programs for refugees and migrants. It also operates a mental health referral program.

## PERSONAL SUPPORTS

**Contact your local GP**

**Reach out to your friends and family**

**Investigate the Employee Assistance program at your workplace**

**DISCLAIMER:** The diagnosis of mental health disorders requires trained medical professionals. The information on this publication is to be used for educational purposes only. It should not be used as a substitute for seeking professional care in the diagnosis and treatment of mental health disorders. Any reference to a commercial product, process, service, company or organisation should not be taken as an endorsement or recommendation by Lifeline WA.