

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] _____	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 [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 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
Perinatal Anxiety & Depression (PANDA) (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 _____	strongspiritstrongmind.com.au
WellMob _____	wellmob.org.au
13 Yarn _____	13 92 76
Brother to Brother Crisis Line [24-hours] _____	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] _____	admin@transfolkwa.org
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 & Other Drugs

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



MIFWA

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