







# Act Belong Commit

### actbelongcommit.org.au

Activity finder which supports a sense of belonging and purpose. Provides links to activities across Western Australia.

### Ask Izzy

### askizzy.org.au

Australia wide directory of services that can assist with housing, food, financial hardship, family violence support, counselling and other support. Accessible on Telstra and Vodaphone networks even without credit or access to Wi-Fi.

### **Befriend**

### befriend.org.au

A social networking initiative that hosts diverse social meet ups across the Perth metro region.

### Connect Groups

### connectgroups.org.au

Peak body for diverse support groups across Western Australia. The site contains a useful directory of close to 700 grassroots, peer-support support organisations for people dealing with stressful life problems.

## Financial Counselling Network

#### financialcounsellingnetwork.org.au

Directory of financial counsellors, information about financial wellbeing workshops and coaching, and information about emergency food and financial support.

#### **Health Direct**

#### healthdirect.gov.au

Government operated site which includes fact sheets on all health issues, medicines, a self-assessment symptom checker and a health service finder. Also offers 24 hour health advice.

### **WA Connect**

#### waconnect.org.au

search results of emergency relief services, with phone numbers, operating hours, and directions on the services

# **Youth Services Directory**

### wayouthservicesdirectory.org.au

Directory of services with a focus on young people, covering areas like accommodation, emergency food relief, psychology, sexual health and more.