

If you are unsure what to do CALL

There are many emergency support, counselling and referral services. Here are just some of them.

The helplines are available not only to people experiencing difficulties, but also to their concerned friends and family who want to help.

1800 Respect
1800 659 467
1800respect.org.au
Support for those experiencing sexual assault or domestic and family violence.

Alcohol and Drug Support Service
1800 198 024
mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service
Counselling and support for alcohol and drug use.

AnglicareWA
1300 114 446
anglicarewa.org.au
Support for family and domestic violence, accommodation, financial counselling, no interest loans, parenting, suicide bereavement, young people.

Beyond Blue
1300 224 636
beyondblue.org.au
Mental health referrals and suicide prevention.

Crisis Care
1800 199 008
dcp.wa.gov.au/crisisandemergency/pages/crisiscare.aspx
After hours telephone support for people experiencing a crisis and for reports of child safety.

Elder Abuse Line
1300 724 679
advocare.org.au
Support for those who experience or suspect abuse of an older person.

Emergency Relief and Food Access Service
1800 979 777
financialcounsellingnetwork.org.au/emergency-relief-and-food
Emergency food, clothing and bill assistance.

Gambling Helpline
1800 858 858
gamblinghelponline.org.au
Counselling, support and advice for those affected by gambling.

Headspace
headspace.org.au
Mental health support for young people and families, with centres across Australia.

Kid's Helpline
1800 55 1800
kidshelpline.com.au
24/7 phone and online counselling service for young people.

Legal Aid
1300 650 579
legalaid.wa.gov.au
Free and low cost legal assistance.

Lifeline
131114
lifeline.org.au
24/7 crisis support and suicide prevention services.

MensLine
1300 789 978
mensline.org.au
Telephone and online support, information and referral service for men with family and relationship concerns.

National Debt Helpline
1800 007007
ndh.org.au
Advice on tackling debt.

QLife
1800 184 527
qlife.org.au
Peer support and referrals for people wanting to talk about sexuality, identity, gender and relationships.

Reach Out
au.reachout.com
Support for young people on mental health and other life issues.

Relationships Australia
1800 364 277
relationships.org.au
Family and relationships support and education.

Sane
1800 18 7263
sane.org
Support and counselling for people dealing with complex mental health issues.

Telephone Interpreter Service
13 14 50
tisnational.gov.au
Provides access to phone and on-site interpreting in over 150 languages.