

# Need Support?

Start your search here.



## Act Belong Commit [actbelongcommit.org.au](http://actbelongcommit.org.au)

Activity finder which supports a sense of belonging and purpose.



## Ask Izzy [askizzy.org.au](http://askizzy.org.au)

Australia wide directory of over 360,000 services. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.



## Befriend [befriend.org.au](http://befriend.org.au)

Befriend is a social networking initiative that hosts diverse social meet ups across the Perth metro region.



## Connect Groups [connectgroups.org.au](http://connectgroups.org.au)

Connect Groups is a peak body for diverse support groups across WA. 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/find-a-financial-counsellor](http://financialcounsellingnetwork.org.au/find-a-financial-counsellor)

Directory of financial counsellors and information about emergency food and financial support.



## Health Direct [healthdirect.gov.au](http://healthdirect.gov.au)

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



## WA Connect [waconnect.org.au](http://waconnect.org.au)

Community service directory managed by the Western Australian Council of Social Service. It contains real time search results of emergency relief services, with phone numbers, operating hours, and directions on the services available in your local area.



## Youth Services Directory [yacwa.org.au/ways/](http://yacwa.org.au/ways/)

Directory of services with a focus of young people.