



If you are unsure of what to do-call

Helplines available for people experiencing difficulties and their concerned friends and family.



### **1800 Respect**

1300 659 467

[1800respect.org.au](http://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](http://mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service)

Counselling and support for alcohol and drug use.

### **Anglicare WA**

1300 114 446

[anglicarewa.org.au](http://anglicarewa.org.au)

Support for family and domestic violence, accommodation, financial counselling, no interest loans, parenting, suicide bereavement and young people.

### **Beyond Blue**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

Mental health referrals and suicide prevention.

### **Crisis Care**

1800 199 008

[wa.gov.au/service/community-services/community-support/crisis-care](http://wa.gov.au/service/community-services/community-support/crisis-care)

After hours telephone support for people experiencing a crisis and for reports of child safety.

### **Elder Abuse Line**

1300 724 679

[advocare.org.au](http://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](http://financialcounsellingnetwork.org.au/emergency-relief-and-food)

Emergency food, clothing and bill assistance.

### **Gambling Helpline**

1800 858 858

[gamblinghelponline.org.au](http://gamblinghelponline.org.au)

Counselling, support and advice for those affected by gambling.

### **Headspace**

[headspace.org.au](http://headspace.org.au)

Mental health support for young people and families, with centres across Australia.

### **Kid's Helpline**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

24/7 phone and online counselling services for young people.

### **Legal Aid**

1300 650 579

[legalaid.wa.gov.au](http://legalaid.wa.gov.au)

Free and low-cost legal assistance.

### **Lifeline**

131114

[lifeline.org.au](http://lifeline.org.au)

24/7 crisis support and suicide prevention services.

### **MensLine**

1300 789 978

[mensline.org.au](http://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](http://ndh.org.au)

Advice on tackling debt.

### **QLife**

1800 184 527

[qlife.org.au](http://qlife.org.au)

Peer support and referrals for people wanting to talk about sexuality, identity, gender and relationships.

### **Reach Out**

[au.reachout.com](http://au.reachout.com)

Support for young people on mental health and other life issues.

### **Relationships Australia**

1800 364 277

[relationships.org.au](http://relationships.org.au)

Family and relationships support and education.

### **Sane**

1800 18 7263

[sane.org](http://sane.org)

Support and counselling for people dealing with complex mental health issues.

### **Telephone Interpreter Service**

13 14 50

[tisnational.gov.au](http://tisnational.gov.au)

Access to phone and on-site interpreting in over 150 languages.