**Useful Contacts List**

**Emergency Contacts**

For immediate assistance – ALL HOURS
**Police / Fire / Ambulance** – 000
**Police / Fire / Ambulance (from mobile)**– 112 (use this number if no credit or no network cover)

**Crisis Helplines**

[**Lifeline 24/7 Crisis Line**](http://www.lifeline.org.au/Get-Help/Facts---Information/What-is-crisis-support) – Telephone crisis support, suicide intervention and prevention, mental health support service – 13 11 14

[**Crisis Care (Family Helpline)**](http://www.health.wa.gov.au/services/detail.cfm?Unit_ID=2516) – Problems within the family, including domestic violence, homelessness, child welfare and general arguments – (08) 9223 1111 (metro) or 1800 199 008 (country).

[**Kids Helpline**](http://www.kidshelp.com.au/) – Free telephone and online counselling service for young people between 5 and 25 years – 1800 551 800

[**Men’s Line**](http://www.mensline.org.au/Home.html)– Dedicated service for men with relationship and family concerns – 1300 789 978

[**Women’s Domestic Violence Helpline**](http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx) – Free telephone support and counselling for women experiencing family and domestic violence – (08) 9223 1188

[**Men’s Domestic Violence Helpline**](http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx) – Telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners – (08) 9223 1199 (1800 000 599)

[**Rural Link**](http://www.mentalhealth.wa.gov.au/Homepage.aspx) – Specialist after-hours telephone service for the rural communities of WA.  Deals with depression, mental health issues, and suicide – 1800 720 101
 [**The Samaritans**](http://www.thesamaritans.org.au/) – Non-religious, non-judgemental careline, offering emotional support to the lonely, despairing and suicidal.

Samaritans Care Line – (08) 9381 5555 (metro)
Samaritans Care Line – 1800 198 313 (country)
Samaritans Youth Line – (08) 9388 2500

[**Alcohol & Drug Information Service (ADIS)**](http://www.dao.health.wa.gov.au/) – Information, referral and counselling for substance users and family members – (08) 9442 5000

[**Mental Health Emergency Response Line**](http://http/mentalhealth.wa.gov.au/getting_help) – Rapid response to mental health emergencies, including advice for carers –  (08) 9224 8888

[**Parenting WA**](http://www.communities.wa.gov.au/childrenandfamilies/parentingwa) – Information, support and referral services to parents, carers, grandparents and families with children up to 18 years  –  (08) 6279 1200

[**Sexual Assault Resource Centre (SARC)**](http://www.kemh.health.wa.gov.au/services/sarc/) – Free assistance and support to any male or female, aged 13 years and over, who
has experienced unwanted sexual contact or behaviour.  Counselling also available – (08) 9340 1828

**Mental Health and Other Support Services**

[**ARBOR**](http://www.anglicarewa.org.au/relationships/suicide-prevention-postvention/arbor/default.aspx) – Free outreach counselling service for those bereaved by suicide or sudden death – (08) 9263 2150

[**Beyond Blue**](http://www.beyondblue.org.au/) – Information on a wide variety of mental health problems for sufferers, carers and professionals – 1300 224 636

[**Child Protection Unit**](http://www.health.wa.gov.au/services/detail.cfm?Unit_ID=309) – Within Princess Margaret Rose Hospital. Ensures that children are protected whilst in hospital and on discharge.  Covers child abuse, injury, neglect and well being – (08) 9340 8646

[**Depression Help | Anxiety Advice**](http://www.anxietyadvice.com.au/) – Anxiety Advice is a website offering advice to people with anxiety and or depression and their to their families, here you will find a wide variety of articles relating to depression, anxiety and other clinical disorders.

[**Fremantle Multicultural Centre**](http://www4.fmcwa.com.au/) – Crisis accommodation and settlement programs for refugees and migrants. It also operates a mental health referral program – (08) 9336 8282

[**Headspace**](http://headspace.org.au/) is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. [**Find your nearest location**](http://headspace.org.au/headspace-centres/)

[**Ngala Family Resource Centre**](http://www.ngala.com.au/) – Early parenting services, support and guidance for families and young children – (08) 9368 9368

[**QLife**](https://qlife.org.au/) is a national LGBTI (Lesbian, Gay, Bisexual, Transgender & Intersex) telephone (1800 184 527) and web chat counselling service that provides support, referrals and information to LGBTI individuals, parents, friends, family and professionals. QLife operates 365 days of the year from 3pm – midnight.

[**SANE**](http://www.sane.org/) – Information and helpline for people with mental health issues – 1800 187 263

[**Youth Focus**](http://www.youthfocus.com.au/) – Working with young people, aged 12-18 yrs who show signs of depression, self-harm and suicide.  Also supports families – (08) 9266 4333