

## Community Support - Helplines

***In an emergency call 000 or visit your local emergency department***

### Helplines

#### LifeLine

<https://www.lifeline.org.au>

24 hour access to crisis support and suicide prevention services.

Phone | 13 11 14

#### 1800 Respect

<https://www.1800respect.org.au>

National Sexual Assault, Family & Domestic Violence Counselling Line. 24 hour

Phone | 1800 737 732

#### Kids Help Line

<https://www.kidshelpline.com.au>

A free service for children and youth – aged 5 to 25 years. It is a free private and confidential hot line available 24/7.

Phone | 1800 551 800

#### Mensline

<https://mensline.org.au>

National telephone and online support, information and referral service for men with family and relationship concerns from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.

Phone | 1300 789 978 (24 hour line)

#### Child Protection and Family Support Crisis Care Helpline

[www.dcp.wa.gov.au/crisisandemergency/pages/crisiscare.aspx](http://www.dcp.wa.gov.au/crisisandemergency/pages/crisiscare.aspx)

Information and short-term counselling for people in crisis needing urgent help to ensure the wellbeing of a child, vulnerable or elderly person, escape domestic violence, information on refuge and accommodation options, emergency financial assistance and general counselling.

Phone | 1800 199 008

#### Sexual Assault Counselling Australia

<https://www.rape-dvservices.org.au/>

Sexual Assault Counselling Australia is a national service available 24 hours 7 days a week to provide telephone counselling with trauma specialists.

Phone | 1800 211 028

#### PANDA (perinatal anxiety and depression) Helpline

<https://www.panda.org.au/info-support/pandas-national-perinatal-anxiety-depression-helpline>

PANDA's National Perinatal Anxiety & Depression Helpline is Australia's only free, national helpline service for women, men and their families affected by perinatal anxiety and depression

Phone | 1300 726 306 Monday to Friday 9am to 7.30pm AEST

### Mental Health Support Lines

<https://www.mhc.wa.gov.au/getting-help/helplines>

#### Mental Health Emergency Response Line

<https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-response-line/>

For anyone involved in a mental health emergency in the community – including individuals, families/carers, member of the general public or health professionals.

Phone | 1300 555 788 (Metro) or 1800 676 822 (Peel) or 1800 552 002 (Country/Rurallink)

### **Beyondblue Support Services**

<https://www.beyondblue.org.au/get-support/get-immediate-support>

From immediate support through to provision of information and resources to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Phone | 1300 224 636

### **Suicide Call Back Service\***

<https://www.suicidecallbackservice.org.au/>

A nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

Phone | 1300 659 467

### **The Samaritans Crisis Line\***

<https://thesamaritans.org.au/>

When life gets too big. Call for help 135 247 Due to the unprecedented COVID-19 impacts Samaritans WA will be changing its operating hours to 7am-7pm. We will continue to closely monitor the situation.

Phone | 135 247 or (08) 9381 5555 (main line); 08 9388 2500 (Youth Line); 1800 198 313 (Country Toll Free)

### **QLife (LGBTI+ 3pm to 12am)**

<https://qlife.org.au/about-us>

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

Phone | 1800 184 527 & 1800 334 673

## **Kids and Youth Mental Health Support Lines**

<https://www.mhc.wa.gov.au/getting-help/helplines>

### **Child and Adolescent Health Service urgent mental health support line**

<https://www.cahs.health.wa.gov.au/Our-services/Mental-Health/Get-help>

If you need urgent mental health advice and support for you or your child, there is a 24 hour 7 days crisis support line:

Phone | 1800 048 636

*If the situation is life-threatening, please call 000 or go to your nearest emergency department.*

### **headspace (seven days a week from 9am to 1am AEST)**

<https://headspace.org.au/about-us/who-we-are/>

ehespace is a national online and phone support service, staffed by experienced youth mental health professionals. It provides young people and carers with a safe, secure and anonymous place to talk to a professional – wherever they are.

Phone | 1800 650 890 (12-25 year olds, family and friends)

### **Youthbeyondblue**

<https://www.youthbeyondblue.com/home>

A service to support the mental well being of young people aged 12-25 yrs Stress, anxiety and feeling down can affect anyone, and in fact happens to a lot of us at some point in our lives.

Phone | 1300 224 636 (12-25 year olds)

### **Student Wellbeing Hub**

<https://www.education.wa.edu.au/learning-at-home/student-health-and-wellbeing>

The Department of Education developed this hub to help during the Coronavirus outbreak which has a number of resources to assist students and families.

Phone | 9264 4111 (Central services and general enquiries)