

Emergency and After-Hours Services

<p>Crisis Care</p> <p>Support in a crisis such as child protection concerns, domestic violence, homelessness, or a need for urgent emotional support.</p>	<p>Metro: (08) 9223 1111</p> <p>Country: 1800 199 008</p>
<p>Lifeline</p> <p>24 hour and crisis telephone and online counselling.</p>	<p>Phone: 13 11 14</p> <p>www.lifeline.org.au</p>
<p>Mental Health Emergency Response Line</p> <p>Emergency assessment and advisory service for mental health clients and their carers.</p>	<p>Phone: 1300 555 788</p>
<p>RuralLink</p> <p>Emergency assessment and advisory service for mental health clients and their carers in rural areas.</p>	<p>Phone: 1800 552 002</p>
<p>Samaritans</p> <p>24-hour crisis telephone counselling</p>	<p>Helpline: 135 247</p> <p>Youthline: 1800 198 313</p>
<p>Sexual Assault Referral Centre (SARC)</p> <p>SARC provides a 24-hour emergency service in metropolitan Perth. This involves medical care, a forensic examination and counselling support to people who have been sexually assaulted within the previous 14 days. SARC also provides counselling in centres across the Perth metropolitan area to people who have experienced sexual assault and sexual abuse in the past. SARC is a free confidential service. It is NOT part of the police, however SARC will support a person's decision to involve the police.</p>	<p>Phone: (08) 9340 1828</p> <p>Free call number: 1800 199 888</p>
<p>Suicide Call Back Service</p> <p>The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over who are suicidal; caring for someone who is suicidal; anyone bereaved by suicide. They provide immediate telephone counselling and support in a crisis and can provide up to six further telephone counselling sessions with the same counsellor.</p>	<p>Phone: 1300 659 467</p>

Relationships and General Counselling or Psychotherapy

<p>Centrecare</p> <p>Centrecare delivers a wide range of counselling, mediation, support, accommodation, and training services from office locations in Perth, Mirrabooka, Joondalup, Carlisle, Bunbury, Kalgoorlie, and Esperance. Centrecare also provides a range of professional online counselling services.</p>	<p>www.centrecare.com.au</p>
<p>Anglicare WA</p> <p>Anglicare WA is a not for profit community service organisation assisting people with relationship issues, financial problems, and housing difficulties.</p>	<p>https://www.anglicarewa.org.a u/</p>
<p>Lifeline</p> <p>Lifeline is a 24-hour confidential phone counselling service available nationwide. They provide counselling across arrange of issues including relationship and family concerns, mental health concerns, loss, violence, addiction, suicide prevention and much more. This is a particularly valuable contact for those in emotional need. Face to face counselling may also be available upon</p>	<p>www.lifeline.org.au</p>
<p>Relationships Australia</p> <p>Various locations in the metropolitan area including Armadale, Bunbury, Fremantle, Joondalup, Midland, Mirrabooka, and Rockingham. Relationships Australia provide an extensive range of services including family and relationship counselling, marriage and relationships, education, mediation, and family skills training.</p>	<p>www.relationships.org.au</p>
<p>Women's DV Helpline</p> <p>The Women's Domestic Violence Helpline is a statewide 24-hour service. This service provides support and counselling for women experiencing family and domestic violence. This includes phone counselling, information and advice, referral to local advocacy and support services, liaison with police if necessary and support in escaping situations of family and domestic violence. The service can refer women to safe accommodation if required. A telephone- based interpreting service is available if required.</p>	<p>free call 1800 007 339</p>

<p>Men's DV Helpline</p> <p>The Men's Domestic Violence Helpline is a statewide 24-hour service.</p> <p>This service provides counselling for men who are concerned about their violent and abusive behaviors. The service can provide telephone counselling, information, and referral to ongoing face to face services if required. This service can provide information about accessing legal advice, accommodation and other support services for people who have been served with a violence restraining order. Information and support are also available for men who have experienced family and domestic violence. A telephone-based interpreting service is available if required.</p>	<p>free call 1800 000 599</p>
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Mental Health Services

<p>Centre For Clinical Interventions (CCI)</p> <p>CCI is a WA public health service offering cognitive behavioral therapy (CBT) for individuals suffering from anxiety disorders and depression. They also offer a program for eating disorders. Individual and group treatments are available. A referral from your GP or referral agency is required.</p>	
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<p>MAITRI Mental Health Service</p> <p>(Multicultural Services Centre of WA)</p> <p>MAITRI provides mental health assessment, treatment and management, counselling, psychoeducation, and psychosocial intervention for people from culturally and linguistically diverse backgrounds.</p>	<p>www.mscwa.com.au</p>
<p>Mental Health Services</p> <p>Government-based mental health services provide assessment and treatment for people with a mental illness. Clinics are located across the state and include the WA Transcultural Mental Health Service.</p>	<p>www.mentalhealth.wa.gov.au</p>

Alcohol and drug counselling and information

<p>Alcohol and Drug Information Service (ADIS)</p> <p>ADIS is a 24-hour, confidential telephone service for people in Western Australia. It provides information, counselling, referral, and advice to anyone concerned about their own or another's alcohol or other drug use</p>	<p>Metro: (08) 9442 5000</p> <p>Country: 1800 198 024</p>
<p>Holyoake</p> <p>Holyoake provides a range of services including individual counselling, specifically designed alcohol and drug programs, family programs (spouses, parents, other relatives, children), professional and community education and training, a residential service for men, outreach to young people and parents and services to adults in prison and juveniles in detention.</p>	<p>www.holyoake.org.au</p>
<p>Next Step (WA Drug and Alcohol Office)</p> <p>Next Step provides inpatient and outpatient treatment for drug and alcohol problems.</p>	<p>www.dao.health.wa.gov.au</p>

Problem Gambling

<p>Centrecare</p> <p>Centrecare provides a range of services for people affected by problem gambling, their partners, and families.</p>	<p>www.centrecare.com.au/services/metropolitan-services-metro/gambling-help/gambling-help-wa/</p>
<p>Gambling Help WA</p> <p>Gambling Help WA is a free service for people with gambling problems, their partners, and families. It offers a supportive environment in which to talk about the impact that gambling has on their lives as well as the opportunity to learn new ways to manage behavior. The Problem Gambling Helpline is a 24-hour confidential telephone counselling and referral service. Calls to the Problem Gambling Helpline are free from landlines and won't be listed on your phone bill (though may be listed on mobile bills). The Problem Gambling Helpline can also help arrange free professional face-to-face counselling.</p>	<p>24/7 Helpline: 1800 858 858</p> <p>www.gamblinghelponline.org.au/accessing-support/find-support-in-your-state/western-australia/</p>

Services for women

<p>The Muslim Women's Support Centre of WA</p> <p>MWSC is a not-for-profit organization based in Perth, Western Australia, who provide social and support networks for women in the local</p>	<p>www.mwsc.com.au</p>
<p>Women's Health Services</p> <p>WHS provides medical, counselling, drug and alcohol support, domestic violence, mental health and other health services for women and their families. Programs and services at WHS are open to all West Australian women including Aboriginal, migrant and refugee women, and their families.</p>	<p>www.whfs.org.au</p>
<p>Women's Health Works</p> <p>Women's Health Works is a health, education, and referral service for women in the northern suburbs of Perth. The service provides information, health promotion, education, counselling and medical clinics, as well as social and support groups, including the Body Esteem self-help group</p>	<p>www.womenshealthworks.org.au</p>

Services for Men

<p>Lifeline WA – Separated Dads</p> <p>Separated Dads WA provides support to fathers, mothers and their children after separation or bereavement. It uses one-on-one counselling, group work, provision of information, advice, and self-help resources. It can help fathers who want to be an equal parent to their children or negotiate fair contact time.</p>	<p>Phone: (08) 9261 4444</p>
<p>Men's Advisory Network</p> <p>MAN provides information to individuals about appropriate services and professionals, plus provides general community education and raises</p>	<p>www.menshealthwa.org.au</p>
<p>Men's Line</p> <p>MensLine Australia is the national telephone and online support, information, and referral service for men with family and relationship concerns.</p>	<p>24/7 Helpline: 1300 789978 www.mensline.org.au</p>

Sexuality Support

<p>Freedom Centre</p> <p>FC provides support for young people (under 26) and their communities to be informed, happy and healthy about their sexuality, sex, and gender through a range of programs, including education, online support and a drop-in centre.</p>	<p>www.freedom.org.au</p>
<p>Gay and Lesbian Community Services of WA</p> <p>GLCS is a non-profit organisation which aims to promote the wellbeing of lesbian, gay, bisexual, trans, intersex, queer and other sexuality, sex, and gender diverse people in Western Australia</p>	<p>www.glcs.org.au</p>
<p>Qlife</p> <p>QLife provides nation-wide, early intervention, peer supported telephone and web-based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.</p>	<p>Phone: 1800 184 527 (3pm – 12am every day) Online chat also available https://qlife.org.au</p>
<p>Rainbow Community House (RCH)</p> <p>RCH is a non-profit organisation whose primary focus is suicide prevention and mental/emotional health support for gender and sexually diverse youth aged 12 – 25.</p>	<p>Phone: 08 6370 4210</p> <p>Email: info@rainbowch.org www.rainbowch.org</p> <p>Address: 4 View Street, North</p>

Legal, Financial and Welfare Support

<p>Centrelink</p> <p>Centrelink is an Australian government agency providing a range of payment and support services to the Australian community, including Youth Allowance and Austudy/Abstudy.</p>	<p>www.centrelink.gov.au</p>
<p>Community Legal Centers</p> <p>Independent non-profit legal organizations throughout the state providing legal information, advice, representation to individuals and groups with specializations in certain areas such as legal problems of youth, migrants, tenants, for people with disabilities and for women. Most services are free or at reduced cost.</p>	<p>www.lawsocietywa.asn.au</p>
<p>Legal Aid</p> <p>Legal Aid provides information, legal advice, and representation. The type and amount of help provided depends on your finances, nature of your legal problem and their resources.</p>	<p>www.legalaid.wa.gov.au</p>
<p>Welfare Rights and Advocacy Service</p> <p>WRAS is a non-profit community organization which provides free, independent advice and advocacy to disadvantaged people, social security recipients, and low waged earners.</p>	<p>www.wraswa.org.au</p>
<p>Wesley Mission</p> <p>Wesley Mission's programs of support address a number of areas including homelessness, poverty, substance use issues and disability services. Wesley Creditline is a free confidential financial counselling service assisting individuals and families to regain control of their finances.</p>	<p>www.wesleycreditline.org/centres/creditline/</p>
<p>Women's Law Centre</p> <p>The Women's Law Centre is a community legal center funded to provide free legal services for women of Western Australia. We provide information about legal issues and referral to</p>	<p>Metro: (08) 9272 8000 Country: 1899 625 122 www.wlcwa.org.au</p>
<p>Financial Counsellor's Association of WA</p> <p>Link takes you to webpage where you are able to locate a financial counsellor near you</p>	<p>Phone: 1800 007 007 www.financialcounsellors.org</p>

Online information and resources

Beyondblue Beyondblue is the national depression initiative. It undertakes research into depression and provides a range of resources, including educational programs, fact sheets and symptom checklists. There is a link to Youth Beyond Blue for under 25s.	www.beyondblue.org.au
SANE Australia SANE undertakes programs to provide education and research on mental illness. Its website has a wide range of tip sheets and podcasts on mental illness. SANE also runs a helpline.	www.sane.org

Support for Learning Difficulties

Dyslexia – SPELD Foundation DSF undertake assessments and a range of learning supports to children and adults with dyslexia.	www.dyslexia-speld.com
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