



In addition to support services available through us, we encourage you or someone you know, to access the following services if you require urgent support:

Wellbeing

Crisis Care

t: 9223 1111 or t: 1800 199 008 (country free call)

Crisis Care can be accessed through the translating and interpreting service on 13 14 50.

Department of Communities Child Protection and Family Support: w: <https://www.dcp.wa.gov.au>

- [Women's Domestic Violence Helpline](#): t: 9223 1188 or free call 1800 007 339
- [Men's Domestic Violence Helpline](#): t: 9223 1199 or free call 1800 000 599
- Should you have concerns for the wellbeing of a child, please [report](#) or contact the [Central Intake Team](#) on t: 1800 273 889 or email cpduty@cpfs.wa.gov.au
- If you feel unsafe, at home or in the community, WA Police and the above family and domestic violence services **will** respond to your call for help.

The [Department of Communities Child Protection and Family Support](#) will respond to child protection concerns, 24 hours a day, seven days a week.

In an emergency or if someone is in immediate danger, call 000.

Mental Health Support Lines

- [Mental Health Emergency Response Line](#) t: 1300 555 788 (Metro) or 1800 676 822 (Peel) or 1800 552 002 (**Rural Link**)
- [Child and Adolescent Health Service](#) urgent mental health support t: 1800 048 636
- [Lifeline](#) t: 13 11 14 (24 hours, 7 days) Text: 0477 13 11 14 (6pm–midnight AEDT, 7 nights) Chat online: lifeline.org.au/crisis-chat (7pm–midnight, 7 nights)
- [Beyond Blue](#) t: 1300 224 636
- [Youth Beyond Blue](#) t: 1300 224 636 (12–25 year olds)
- [Kidshelpline](#) t: 1800 551 800 (5–25 year olds) or t: 1800 654 432 (parents)
- [headspace](#) t: 1800 650 890 (12–25 year olds, family and friends)
- [Ngala Parenting Line](#) supports families of children from birth to 18 in WA 8am–8pm, 7 days a week t: 9368 9368 (metro) t: 1800 111 546 (regional)
- [QLife](#) provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships t: 1800 184 527
- [Carers Australia](#) provides short-term counselling and emotional and psychological support services for carers and their families in each state and territory t: 1800 242 636
- Samaritans Youth Helpline - counselling for young people 12-25 years, available 24/7 t: 1800 198 313 e: support@thesamaritans.org.au
- [1800Respect](#) - confidential information, counselling and support service, open 24/7 to support people impacted by sexual assault, domestic or family violence and abuse t: 1800 737 732 NRS: 1800 555 677 Interpreter: 13 14 50

Health

- [HealthyWA Coronavirus Health Information Line](#) t: 1800 020 080
- [Health Direct](#) (general health information and advice) t: 1800 022 222
- [Alcohol and Drug Support Line](#) t: 9442 5000 or t: 1800 198 024 (country toll free)
- [Parent and Family Drug Support Line](#) t: 9442 5050 or 1800 653 203 (country toll free)