



Help is Available

Fremantle – Kwinana – Mandurah – Rockingham

Crisis Care Helpline

Free call: 1800 199 008

(24/7 support)

National Domestic, Family and Sexual Violence Counselling Service

Free call: 1800 737 732 (1800 RESPECT)

Alcohol and Drug Support Line

Metro: 9442 5000

Country free call: 1800 198 024

13YARN

24/7 National crisis support for Aboriginal and Torres Strait Islanders

Phone: 13 92 76

360 Health

Counselling, general and mental health support for Aboriginal and Torres Strait Islander people

Phone: 1300 706 922

Fremantle

Phone: 9431 7453

Mandurah

Phone: 6595 8850

Rockingham

Phone: 6595 8800

Aboriginal Mediation Service

Free call: 1800 045 577

Phone: 9264 6176

Advocare

Confidential free helplines for people at risk of, or experiencing elder abuse in residential aged care, home care and in families

Free call: 1800 655 566

WA Elder Abuse Helpline: 1300 724 679

Anglicare WA

Support and referral services

Phone: 1300 114 446

Care Options

Supports independent living at home and in the community

Phone: 9550 7888

Chorus

In home and community support for seniors, people with disability or those seeking mental health support

Free call: 1800 264 268

Circle Green Community Legal

Assistance with rental and tenancy issues

Phone: 6148 3636

Citizen's Advice Bureau

Legal advice and referral service

Fremantle

Phone: 9335 4522

Kwinana

Phone: 9439 1251

Mandurah

Phone: 9535 3101

Rockingham

Phone: 9527 6671

Crisis Care Helpline

Free call: 1800 199 008

Phone: 9223 1111

Department of Communities

Free call: 1800 176 888

Fremantle

Child Protection and Family Support

Phone: 6277 3939

Housing

Phone: 6414 3222

Kwinana

Child Protection and Family Support

Phone: 6277 3888

Housing

Phone: 6277 3877

Mandurah

Child Protection and Family Support

Phone: 6277 4777

Housing

Phone: 6277 3883

Rockingham

Child Protection and Family Support

Phone: 6277 3888

ELDERHelp

National Elder Abuse Helpline

Free call: 1800 353 374

Entrypoint

Referral service for people who are or at risk of becoming homeless

Free call: 1800 124 684

Phone: 6496 0001

Family Support Network

Phone: 1800 199 008

Headspace

Phone: 9431 7453

Helping Minds

Phone: 9427 7100

Kids Helpline

Free call: 1800 551 800

Life Without Barriers

Support and referral services

Phone: 9208 3400

Lifeline

24-hour support and suicide prevention

Phone: 13 11 14

Men's Domestic Violence Helpline

Information and referrals for men who are concerned about their violent and abusive behaviours, and for male victims of family and domestic violence in WA

Free call: 1800 000 599

Phone: 9223 1199

MensLine Australia

Support for men with relationship and family concerns

Phone: 1300 789 978

Mental Health Emergency Response Line

In an emergency call **000** or visit a hospital emergency department

Metro

Phone: 1300 555 788

Peel

Phone: 1800 676 822

Multicultural Futures

Support services for migrants and refugees

Phone: 9336 8282

National Debt Helpline

Free call: 1800 007 007

National Disability Insurance Scheme (NDIS)

Access to disability services and funding support

Free call: 1800 800 110

New Hope Therapy

Support and counselling services for mental health issues

Phone: 9540 0910

Ngala Parenting Line

Free call: 1800 111 546

Phone: 9368 9368

Outcare

Support services to rebuild lives

Phone: 6263 8622

Palmerston

Counselling services for mental health and substance abuse

Fremantle

Phone: 9430 5966

Mandurah

Phone: 9581 4010

Rockingham

Phone: 9550 9200

Portcare

Emergency relief support services

Mobile: 0431 439 097

Richmond Wellbeing

Mental health support services

Free call: 1800 742 466

RUAH Community Services

Support and referral services

Phone: 13 78 24

Salvation Army

Support and referral services

Phone: 13 72 58

South Metro Community Alcohol and Drug Service

Fremantle

Phone: 9430 5966

Mandurah

Phone: 9581 4010

Rockingham

Phone: 9550 9200

Southern Communities Advocacy Legal and Education Service Inc (SCALES)

Phone: 9550 0400

St Patrick's Community Support Centre

Emergency relief, crisis and transitional accommodation

Fremantle

Phone: 6372 4800

Kwinana Outreach Service

Phone: 9439 0200

St Vincent de Paul Society

Support and referral services

Phone: 1300 794 054

Kwinana

Phone: 9419 6652

Mandurah

Phone: 9535 9035

Rockingham

Phone: 9592 7816

WA No Interest Loans Network Inc

Phone: 9263 2199

Women's Domestic Violence Helpline

Support for women, with or without children, who are experiencing family and domestic violence in WA

Free call: 1800 007 339

Phone: 9223 1188

Women's Law Centre

Free call: 1800 625 122

Phone: 9272 8800

Youth Futures

Support and crisis accommodation for young people

Phone: 9300 2677

Youth Link WA

Support services for young people aged between 13 and 24 years

Free call: 1800 803 356

Phone: 9227 4300

Fremantle

Fremantle Community Legal Centre

Phone: 9432 9790

Fremantle Street Doctor

Phone: 9432 0480

Kwinana

City of Kwinana and St Pat's Outreach Service

Support for people experiencing homelessness

Phone: 9439 0200

Communicare

Support services

Phone: 9251 5777

KEYS – Kwinana Early Years Services

Phone: 9439 1838

Orange Sky – Drop-in Centre

Laundry and showering facilities

**Corner Medina Ave and Hoyle Road,
Medina**

Relationships Australia

Phone: 1300 364 277

The Smith Family

Darius Wells Library and Resource Centre

Delivers services designed to improve outcomes for children and their families

Phone: 9265 5555

Mandurah

Accordwest

Financial counselling and emergency relief for people who are homeless

Free call: 1800 115 799

Billy Dower Youth Centre

Support and counselling services for young people who are or at-risk of becoming homeless

Phone: 9550 3670

Calvary

Crisis accommodation for young people aged 15 to 25 years

Phone: 9581 1741

Enable

NDIS supported living services

Phone: 9792 7500

GP Down South – Peel

Health and wellbeing services

Phone: 9537 5500

Halo Team Inc

Support and referral services

Phone: 9586 2245

Housing Choices WA

Affordable housing for low-income earners

Phone: 9534 0400

Lotus Support & Counselling Services Incorporated

Support, mentoring and counselling for people experiencing homelessness and disadvantage

Phone: 0491 640 320

Money Mentors

Financial counselling and support services

Phone: 9581 1281

Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre

Phone: 9586 4580

OVIS Community Centre

Crisis accommodation for victims of family violence

Phone: 9535 4775

Crisis Care: 1800 199 008

Passages

Youth Engagement Hub

Phone: 9583 5160

Peel Community Care

In home support for seniors and people with a disability

Phone: 9531 2076

Peel Community Legal Services

Phone: 9581 4511

PeelConnect Incorporated

Counselling, support and mentoring for people at risk of homelessness, mental health or addiction

Phone: 0420 714 379

Peel Youth Services

Counselling youth and parent support

Phone: 9581 3365

Reconnect Mission Australia

Support and referral services

Phone: 9531 9400

Wanslea

Youth counselling and support

Phone: 9245 2441

Phone: 1300 969 645

WestAus Crisis and Welfare Services

Referral service for people who are or at-risk of becoming homeless

Phone: 9582 9920

Rockingham

Babbinger Mia

Support services for Aboriginal and Torres Strait Islander people experiencing mental health or substance abuse issues

Phone: 9550 0900

Coastal District Care Centre

Emergency relief support services for people who are homeless

Mobile: 0416 413 849

Lucy Saw Women's Refuge

Phone: 9527 6872

South Coastal Health and Community Services

Phone: 9550 0900

Southern Communities Advocacy Legal and Education Service

Phone: 9550 0400

Wungening Aboriginal Corporation

Phone: 6558 1090

The information in this brochure is provided