

Free and low cost services and resources

**COCKBURN** 

FREMANTLE

**MELVILLE** 

Imagined if



## Crisis Support

#### **Emergency**

If you or another person is in immediate risk of harm or in an emergency, <u>dial 000</u>.

#### 1800 RESPECT

Free service available 24/7 providing confidential information, counselling and support.

#### Lifeline

#### **Crisis Care**

24/7 response to concerns for child's safety and wellbeing, information and referrals for people experiencing crisis.

**L** 1800 199 008 or **L** 9223 1111

#### **Sexual Assault Resource Centre**

24/7 crisis and counselling service people of all genders over 13 years who have experienced recent sexual assault.

**L** 1800 199 888 or **L** 6458 1828

#### 13 Yarn

24/7 crisis support for mob who are feeling overwhelmed or having difficulty coping, speak with an Aboriginal and Torres Strait Islander crisis supporter.

**L** 13 92 76

#### Women's Domestic Violence Helpline

Free 24/7 service provides support for women, with or without children, who are experiencing family and domestic violence 1800 007 339

#### Men's Domestic Violence Helpline

Free 24/7 service provides information and referral to ongoing face-to-face services for men who are concerned about their violent and abusive behaviours.

**L** 1800 000 599

## **Community Navigators**



### If you are not sure where to start, community navigators will connect you to the right services

# Fremantle Rockingham Family Support Network

This service assesses family needs and either coordinates a range of services to work with the family or links the family with a partner agency who will coordinate the services they need and/or provide case management.

**\** 1300 951 190

#### Fremantle Women's Health Centre

Counselling and Community Connector services for women.

**4** 9431 0500

# **Library Connect City of Fremantle**

A walk in service at **Fremantle Library** for advice, referrals and support. Available:

- Tuesday <u>1pm 6pm</u>
- Wednesday <u>9am 5pm</u>
- Thursday 1pm 6pm
- Saturday <u>9am 2pm</u>

Address 151 High St, Fremantle

## **Support for Families**

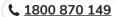
#### The Lucy Saw Centre

Emergency accommodation and outreach support for women and children affected by family and domestic violence.



#### Zonta House

Accomodation and Outreach service for women affected by family and domestic violence either residing with a perpetrator or separately.



#### Communicare - Settle In Program

Family and Domestic Violence Advocate supports humanitarian entrants and migrants.



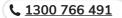
#### **Uniting WA - Aboriginal** Women's Support

Support for Aboriginal Women experiencing or at risk of family domestic violence residing in Fremantle, Melville, Cockburn.



#### Men's Referral Service

This service provided by No to Violence offers assistance, information and counselling to helpmen who use family violence.



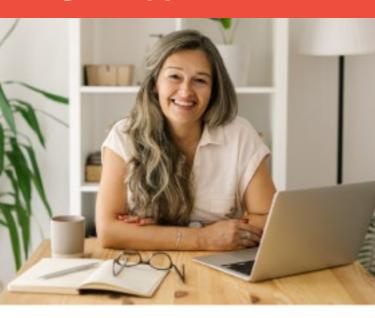
**⊘** Visit Online

#### Mensline Australia

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men. Free Counselling program for men - Changing for Good.



## Legal Support



#### Fremantle Community Legal Service

Family violence lawyer can provide legal and non-legal support to clients currently or recently experiencing family and domestic violence.

**6** 08 9432 9790

#### Women's Legal Service WA

Provide a range of legal services to assist women in crisis or facing disadvantage.

**L** 08 9272 8800

#### **Legal Aid**

Offers low cost legal services to the community.

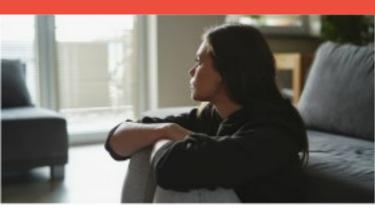
**L** 1300 650 579

#### Legal Yarn

Telephone information services for Aboriginal and Torres Strait Islander people. Staffed by mob to support legal worries.

**L** 1800 319 803

# Information and Resources



#### YourToolkit.com

Provides a free step-by-step guide on personal safety support services for people facing family and domestic violence

**Example 2** Visit Online

# Communicare / White Ribbon Australia

Prevention of violence against women for workplaces. Free training.

#### **Ruah Community Services**

A list of resources, which includes helplines, toolkits and inspirational stories from others who have experienced family and domestic violence.

**Nisit Online** 

For more information on resources visit:

imaginedfutures.org.au/resources