

Free and low cost services accessible without referral

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>.

Lifeline

24/7 support for all ages living in Australia.

13 Yarn

24/7 support for Aboriginal and Torres Strait Islanders.

L 13 92 76

Suicide Call Back Service

24/7 support for people at risk of suicide, bereaved by suicide, and for people concerned about others.

L 1300 659 467

Mental Health Emergency Response Line

24/7 support for individuals, family, or health professionals.

L 1300 555 788

Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.

L 1800 551 800

Children & Adolescent Mental Health Service Crisis Connect

24/7 support for young people aged 17 years and under and their families/carers, health professionals, and teachers.

L 1800 048 636

Face to Face

headspace Fremantle

Support and counselling for ages 12 to 25 years.

**** 08 9431 7453

Cockburn Support Service

Counselling and support for families and adults.

**** 08 9411 3859

St Pat's Counselling Service - Fremantle

An adult service. Health Care Card required.

08 6372 4800

ALIVE Program - Cockburn

Counselling for suicidal thoughts and self harm for ages 17+ years.

\(\) 1300 706 922

Fremantle Hospital **Mental Health Service**

Mental health services for ages 18 to 65 years.

**** 08 9431 3333

Fremantle Older Adult Mental Health Service

Assessment and treatment for ages 65+ years.

**** 08 9431 3600

Fremantle Women's Health Centre

Health and counselling services for women.

**** 08 9431 0500

Multicultural Futures

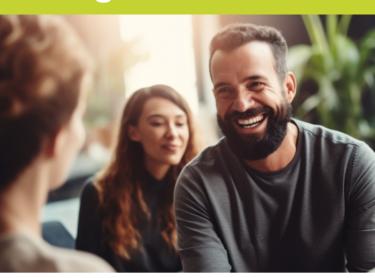
Mental health services for migrants and refugees.

6 08 9336 8282 (Fremantle)

**** 0408 899 712

(Fremantle & Cockburn)

Community Navigators



Fremantle and Rockingham Family Support Network

Links families into a range of support services.

L 1300 951 190

ConnectGroups

Links individuals and families into community peer support groups.

L 08 9364 6909

Library Connect City of Fremantle

A walk-in service at Fremantle Library for advice, referrals and support.

- Tuesdays & Thursdays <u>1pm to 6pm</u>
- Wednesdays <u>9am to 5pm</u>
- Saturdays <u>9am to 2pm</u>

Peer Pathways

A peer help line connecting people to local supports, information, and resources.

Q 08 9477 2809

Phone and **Online Support**

O Life LGBTIQ+ Service

Telephone and online peer support and referral.

MindSpot

Online support service for anxiety and depression.

L 1800 61 44 34

Act Belong Commit

Information, resources, and local activity finder.

Nisit Online

headspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.

& Visit Online

Perinatal Anxiety & Depression

Support for women, men, and families.

L 1300 726 306

Beyond Blue

Information, phone, and online support.

\(1300 224 636 \)

Suicide Prevention Peer CARE Connect

A non-crisis call-back service for individuals, people affected by suicide, or people caring for others.

L 1800 77 7337

Thirrili

24/7 Indigenous after suicide support service. Supports individuals, families, and communities.

L 1800 805 801

App Resource



This resource can be downloaded to your phone via the My Community App. To Access the resource link and App:

Download App

Or text the word Wellbeing4Me to 0488 884 151

Mental Health Support

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For more information on resources visit:

imaginedfutures.org.au/resources

