



Mental Health Support

**Free and low cost
services accessible
without referral**

COCKBURN

FREMANTLE

MELVILLE

Imagined
Futures



Crisis Support

Emergency

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

Lifeline

24/7 support for all ages living in Australia.

📞 13 11 14

◀ Click to Call

13 Yarn

24/7 support for Aboriginal and Torres Strait Islanders.

📞 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.

📞 1300 659 467

Mental Health

Emergency Response Line

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

📞 1300 555 788

Kids Help Line

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

📞 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.

📞 1800 048 636

Face to Face

headspace Fremantle

Support and counselling for ages 12 to 25 years.

📞 [08 9431 7453](tel:0894317453)

Cockburn Support Service

Counselling and support for families and adults.

📞 [08 9411 3859](tel:0894113859)

St Pat's

Counselling Service - Fremantle

An adult service. Health Care Card required.

📞 [08 6372 4800](tel:0863724800)

ALIVE Program - Cockburn

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

📞 [1300 706 922](tel:1300706922)

Fremantle Hospital Mental Health Service

Mental health services for ages 18 to 65 years.

📞 [08 9431 3333](tel:0894313333)

Fremantle Older Adult Mental Health Service

Assessment and treatment for ages 65+ years.

📞 [08 9431 3600](tel:0894313600)

Fremantle Women's Health Centre

Health and counselling services for women.

📞 [08 9431 0500](tel:0894310500)

Multicultural Futures

Mental health services for migrants and refugees.

📞 [08 9336 8282](tel:0893368282) (Fremantle)

📞 [0408 899 712](tel:0408899712) (Fremantle & Cockburn)

Community Navigators



Fremantle and Rockingham Family Support Network

Links families into a range of support services.

📞 [1300 951 190](tel:1300951190)

ConnectGroups

Links individuals and families into community peer support groups.

📞 [08 9364 6909](tel:0893646909)

Library Connect City of Fremantle

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

- Tuesdays & Thursdays 1pm to 6pm
- Wednesdays 9am to 5pm
- Saturdays 9am to 2pm

Peer Pathways

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

📞 [08 9477 2809](tel:0894772809)

Phone and Online Support

Q Life LGBTIQ+ Service

Telephone and online peer support and referral.

 [1800 184 527](tel:1800184527)

 [Visit Online](#)

MindSpot

Online support service for anxiety and depression.

 [1800 61 44 34](tel:1800614434)

 [Visit Online](#)

Act Belong Commit

Information, resources, and local activity finder.

 [Visit 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.

 [1300 726 306](tel:1300726306)

Beyond Blue

Information, phone, and online support.

 [1300 224 636](tel:1300224636)

 [Visit Online](#)

Suicide Prevention Peer CARE Connect

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

 [1800 77 7337](tel:1800777337)

Thirrili

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

 [1800 805 801](tel:1800805801)

App Resource



**My Community
Info**

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

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For more information on resources visit:



imaginedfutures.org.au/resources

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