

# Crisis Numbers and Support

## emergency

Police/ Ambulance	000
Armadale Health Service ED 3056 Albany Highway, Armadale WA 6112	9391 2000
Royal Perth Hospital ED 197 Wellington St, Perth WA 6000	9224 2244

## sexual assault and domestic violence

Sexual Assault Resource Centre	1800 199 888
1800RESPECT	1800 737 732

## grief and counselling

Lifeline WA	13 11 14
Kids Helpline	1800 55 1800

## aboriginal and torres strait islander

13 Yarn	13 92 76
Brother to Brother	1800 435 799

## suicide support

Suicide Support Service	c
Suicide Call Back Service	

## alcohol and other drugs

Drug and Alcohol Support Line	9442 5000
Meth Helpline	1800 874 878

## over 18 years old

MEAD Centre Armadale Adult Mental Health Service	9391 2400
MHERL Mental Health Emergency Response Line	1300 555 788
Palmerston Drug and Alcohol Counselling	9267 2400

## under 18 years old

Perth Children's Hospital 15 Hospital Ave, Nedlands WA 6009	6456 2222
CAMHS Crisis Connect Phone support for urgent mental health issues	1800 048 636

## crisis text

Crisis Textline	741 741
Lifeline Textline (6pm - midnight, AEST)	0477 13 11 14

## free helpful apps

Smiling Mind	meditation
Reach Out Worry Time	learn to control your worries
Mind Shift	learning anxiety coping strategies
Calm Harm	managing self harm urges
Breathe	breathing techniques
ReMinder	suicide safety plan
Clear Fear	coping strategies for anxiety
Move Mood	managing behaviours linked with low mood

## online and phone support

Eheadspace <a href="http://ehheadspace.org.au">ehheadspace.org.au</a> over the phone and online counselling on the spot, (7am-11pm)	1800 650 890
CoMHWA <a href="http://comhwa.org.au">comhwa.org.au</a> Peer Pathways: confidential navigation helpline for any age, (9am-5pm M-F)	9477 2809
QLife <a href="http://qlife.org.au">qlife.org.au</a> support for lgbtqia+ young people (3pm-12am)	1800 650 890
Act Belong Commit <a href="http://actbelongcommit.org.au">actbelongcommit.org.au</a> encourage people to take action to improve and protect their mental health and wellbeing	9266 1705
Well Mob <a href="http://wellmob.org.au">wellmob.org.au</a> social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People	9370 6336

## food and accommodation

### Foodbank at Minnawarra House

Fresh bread, fruit and vegetables available at 9.45am on Tuesday mornings, free for concession card holders.

**24 Numulgi St, ARMADALE, WA, 6112**

### Crossways

Food, cooked meals, low-cost groceries, clothing, vouchers, and bill assistance.  
9am-5pm M-F, 9am-3.30pm Saturdays

**225 Railway Ave, KELMSCOTT, WA, 6111  
9390 0054**

### Real Life Church

Fruit & veg, bread, tea & coffee, other food. 9am-12pm, W & F.

**114 Lissiman St, GOSNELLS, WA 6110  
9398 7170**

### Crisis Accommodation

If you are homeless, need support with a serious problem, or are concerned about the welfare of a child.

**9223 1111 or 1800 199 008**

### Entrypoint

Homelessness assessment and referral, call or register online.

**9am-7pm, M-F. 9am-5pm Saturday.  
1800 124 684**

### Armadale Youth Accommodation Service

Crisis and emergency accommodation service for ages 15-20. 24hr.

**6 Fourth Road, ARMADALE, WA, 6112  
9235 7043**

### Nardine Wimmin's Refuge

Crisis and emergency accommodation, call for availabilities.

**Confidential Location, EAST VICTORIA PARK, WA, 6101  
08 9470 3628**

### The Shop Front

Drop-in food and accommodation service.

**59 John Street, BENTLEY WA 6102  
08 9371 9109**

### Champion Centre Mobile Foodbank

Low cost groceries and food services. Thursdays 10am-11.30am.

**76 Champion Drive, SEVILLE GROVE WA 6112**

## compliments, complaints or feedback

Contact headspace Armadale on **9393 0300** or email [reception@headspacearmadale.com.au](mailto:reception@headspacearmadale.com.au)

Alternatively, if you are 12-25 and a client at headspace Armadale, you can scan the QR Code or follow the below link to take a survey on your experience here:  
<https://questionpro.com/t/AV26xZtjxw>

