

# Crisis Numbers and Support

## emergency

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

## sexual assault and domestic violence

<b>Sexual Assault Resource Centre</b>	<b>1800 199 888</b>
<b>1800RESPECT</b>	<b>1800 737 732</b>

## grief and counselling

<b>Lifeline WA</b>	<b>13 11 14</b>
<b>Kids Helpline</b>	<b>1800 55 1800</b>

## aboriginal and torres strait islander

<b>13 Yarn</b>	<b>13 92 76</b>
<b>Brother to Brother</b>	<b>1800 435 799</b>

## suicide support

<b>Suicide Call Back Service</b>	<b>1300 659 467</b>
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## alcohol and other drugs

<b>Drug and Alcohol Support Line</b>	<b>9442 5000</b>
<b>Meth Helpline</b>	<b>1800 874 878</b>

## over 18 years old

<b>Armadale Mental Health Service</b> Provides inpatient, outpatient and community services for adults	<b>9391 2400</b>
<b>MHERL</b> Mental Health Emergency Response Line	<b>1300 555 788</b>
<b>Palmerston</b> Drug and alcohol counselling	<b>9399 5344</b>

## under 18 years old

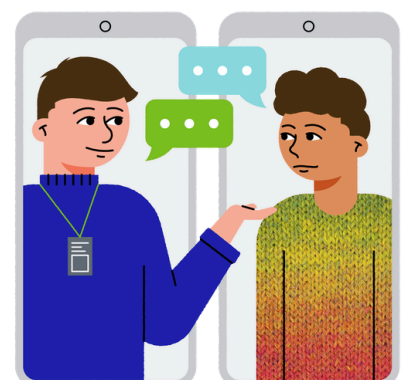
<b>Perth Children's Hospital</b> 15 Hospital Ave, Nedlands WA 6009	<b>6456 2222</b>
<b>CAMHS Crisis Connect</b> Phone support for urgent mental health issues	<b>1800 048 636</b>

## crisis text

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

## 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

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

## food

<b>Foodbank at Minnawarra House</b> Fresh bread, fruit and vegetables available at 9.45am on Tuesday mornings, free for concession card holders.	<b>24 Numulgi St, ARMADALE, WA, 6112</b>
<b>Crossways</b> Food, cooked meals, low-cost groceries, clothing, vouchers, and bill assistance. 9am-5pm M-F, 9am-3.30pm Saturdays	<b>225 Railway Ave, KELMSCOTT, WA, 6111 9390 0054</b>
<b>Real Life Church</b> Fruit & veg, bread, tea & coffee, other food. 9am-12pm, W & F.	<b>2209 Albany Highway, GOSNELLS, WA 6110 9398 7170</b>
<b>The Shop Front</b> Drop-in food and accommodation service.	<b>59 John Street, BENTLEY WA 6102 9371 9109</b>
<b>Champion Centre Mobile Foodbank</b> Low cost groceries and food services. Thursdays 10am-11.30am.	<b>76 Champion Drive, SEVILLE GROVE WA 6112</b>

## accommodation

<b>Crisis Accommodation</b> If you are homeless, need support with a serious problem, or are concerned about the welfare of a child.	<b>9223 1111 or 1800 199 008</b>
<b>Entrypoint</b> <a href="https://www.entrypointperth.com.au/">https://www.entrypointperth.com.au/</a> Homelessness assessment and referral, call or register online.	<b>9am-7pm, M-F. 9am-5pm Saturday. 1800 124 684</b>
<b>Armadale Youth Accommodation Service</b> <a href="https://wayouthservicesdirectory.org.au/service/armadale-youth-accommodation-service/">https://wayouthservicesdirectory.org.au/service/armadale-youth-accommodation-service/</a> Crisis and emergency accommodation service for ages 15-20. 24hr.	<b>6 Fourth Road, ARMADALE, WA, 6112 9235 7043</b>
<b>Nardine Wimmin's Refuge</b> <a href="https://csw.org.au/services/nardine-wimmins-refuge/">https://csw.org.au/services/nardine-wimmins-refuge/</a> Crisis and emergency accommodation, call for availabilities.	<b>Confidential Location, EAST VICTORIA PARK, WA, 6101 08 9470 3628</b>

## 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>

