




# helpful apps


## self harm/ suicidal thoughts


 **Calm Harm**  
Managing self-harm urges.

 **ReMinder**  
Suicide safety plan.


## anxiety

 **Mind Shift**  
Learn anxiety coping strategies.


 **Clear Fear**  
Coping strategies for anxiety.

 **Reach Out Worry Time**  
Learn to control worries.


## depression

 **Move Mood**  
Managing behaviours linked with depression.


## anger


 **Angrr**  
Options for immediate anger and managing urges.

## for family members

 **Combined Minds**  
For family/ friends who want to help in the right way.

## breathing/ meditation

 **Breathe**  
Breathing techniques to relax and focus.

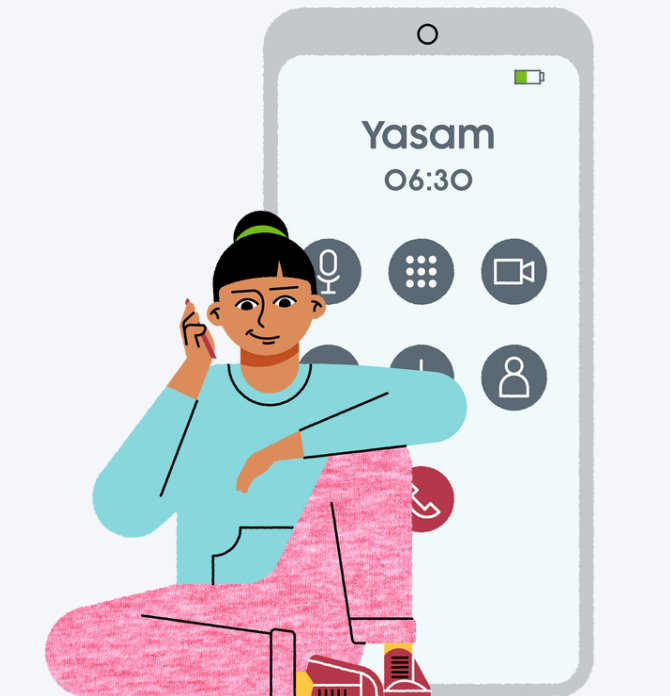
 **Smiling Mind**  
Meditation.

# are you looking for more help on specific topics?

use the QR code to check out our website



# Mental health Resources PHONE



## DISCLAIMER

If you are in need of immediate support, please contact one of the following numbers:

Emergency  
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Lifeline WA  
13 11 14

Kids Line  
1800 55 1800

# phone services

## domestic violence/ sexual assault

### **1800RESPECT**

**1800 737 732**

Sexual assault, family and domestic violence counselling line.

### **Safe Steps**

**1800 015 188**

Helpline for domestic and psychological/ emotional abuse.

### **Sexual Abuse and Redress Support Service**

**1800 211 028**

Provides 24/7 telephone and face-to-face counselling for people impacted by institutional child sexual abuse. This means adults who were sexually assaulted as a child at an institution — like a school, church, club, etc.

### **Violence and Abuse Trauma Counselling and Recovery Service**

**1800 385 578**

Telephone and online support, as well as information and referrals, for anyone in Australia who is or has experienced domestic or family violence, or those who support them.

### **Sexual Assault Resource Centre**

**1800 199 888**

Provides a range of free services to people affected by sexual violence.

## drugs and alcohol

### **Family Drug Support**

**1300 368 186**

24/7 support line for families affected by alcohol and drug issues.

### **Alcohol and Drug Support Line**

**9442 5000**

24/7 confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

## grief

### **Grief Line**

**1300 845 745**

For anyone experiencing grief and loss across Australia.

## aboriginal and torres strait islander

### **Yarning SafeNStrong**

**1800 959 563**

24/7 National helpline for Aboriginal and Torres Strait Islanders.

### **Dardi Munwurro**

**1800 435 799**

Support for Aboriginal men who need someone to talk to when struggling.

### **Thrilli**

**1800 805 801**

24/7 support line, supports Indigenous individuals, families, and communities affected by suicide or other significant trauma.

## family and child protection

### **Family Relationship Advice Line**

**1800 050 321**

Helps families affected by relationship or separation issues.

### **Blue Knot**

**1300 657 380**

[helpline@blueknot.org.au](mailto:helpline@blueknot.org.au)

Provides phone and email-based support for adult survivors of childhood trauma and abuse, as well as for their supporters and the professionals who work with them., from 7am - 3pm AWT

### **Carer's Gateway**

**1800 422 737**

For support, advice, counselling, or help while caring for someone.

### **Crisis Care Helpline**

**1800 437 348**

Prioritises child protection concerns. Information, advice, support and intervention for people in crises and needing urgent help.

## other

### **Mensline Australia**

**1300 789 978**

24/7 support for men and boys who are dealing with family and relationship difficulties.

### **CoMHWA Peer Pathways**

**9258 8911**

Confidential navigation helpline for any age (9am-5pm, M-F).

### **Friendline**

**1800 424 287**

Support line for lonely people.

### **Youth Beyond Blue**

**1300 224 636**

24/7 phone counselling for mental health

### **Peer Care Companion Warmline**

**1800 77 7337**

Suicide prevention warmline. Leave a voicemail and they will call you back.

### **Amaze**

**1300 308 699**

Autism support line.

## text support

### **Crisis Text Line**

**741 741**

### **Lifeline Text Line**

**0477 13 11 14**

