

Crisis Numbers and Support

12 - 25 years

Urgent Support phone

Police, Fire & Ambulance

Life threatening emergencies
000

CAMHS Crisis Connect

Support for urgent mental health issues (Under 18)
1800 048 636 (24/7)

Crisis Care

Family and domestic violence and other crisis support (24/7)
1800 199 008

Women's Domestic

Violence Line
1800 007 339

Men's Domestic Violence Line

1800 065 892

Homelessness Advisory Service

Find accommodation or link with crisis accommodation.
1800 065 892

Lifeline

Crisis support 13 11 14 (24/7)

Mental Health Emergency

Response Line
Mental Health assessments, rapid response & interventions 1300 555 788 (24/7)

1800RESPECT

Family/domestic violence support 1800 737 732 (24/7)

Youth Line Samaritans

Crisis Support for youth
9388 2500 (24/7)

Suicide Call Back Service

Support for suicidal thoughts and those impacted by suicide 1300 659 467 (24/7)

13YARN

Aboriginal and Torres Strait Islander crisis support
13 92 76 (24/7)

National Indigenous Critical

Response Service
Support to individuals, families and communities impacted by suicide loss (24hr) 1800 805 801

CAHMS Crisis Number

1800 048 636



Non-Urgent Support phone / online

eHeadspace

Online & phone counselling (12-25)
eheadspace.org.au 1800 650 890

Parent Drug Information Service

Statewide counselling, information, referral, and support regarding AOD use.
08 9442 5050 (24/7)

RightByYou

Practical suicide intervention resources by Neami National
rightbyyou.org.au

QLife

LGBTIQ+ specific peer support
1800 184 527 (3pm-12am)

mindspot.org.au

Free online mental health support
1800 61 44 34

Thirrili helpline

Aboriginal and Torres Strait Islander after suicide support (24/7) 1800 805 801

Relationships Australia

Offers support in regard to relationships.
1300 364 277

**Drug and Alcohol Support
Line Counselling,**
information and referral
9442 5000 (24/7)

Mensline
Telephone and online
counselling for men
1300 78 99 78 (24/7)

Kids Helpline
Free online S phone
counselling (5-25)
1800 55 1800 (24/7)

Beyond Blue
Over-the-phone mental
health support and
counselling
1300 224 636 (24/7)

**Perinatal Anxiety &
Depression Support**
Helpline for women, men &
families 1300 726 306

**In- person MH
support**
Fiona Stanley Hospital ED
11 Robert Warren Dr,
Murdoch 6150 - 6152 2222

Perth Children's Hospital
15 Hospital Ave,
Nedlands 6009
6456 2222

**Child & Adolescent Mental
Health Service Fremantle**
Mental health assessment
and treatment (under 18's)
Referral required
9435 9700

**East Metro Youth Unit
(EMyU)**
18-56, Mills Street,
Bentley 6102
Mental health care (16- 24)
Referral required 9416 3666

Headspace Fremantle
Support and counselling
(12-25)
9431 7453

Fiona Stanley Mental Health
11 Robert Warren Drive,
Murdoch 6150 Assessment
and treatment (16+) 6152
2222

Fremantle Hospital
Mental Health Assessment
and treatment (18+)
9431 3333

Freedom Centre
60a Frame Court,
Leederville 6007 Safe
space, services
and peer support for
young LGBTIQ+ people
9482 0000

Uniting WA
Community services
including housing, mental
health S NDIS support
10-12 Market St, Fremantle
6160
1300 663 298

Aboriginal and Torres Strait Islander Support

Thirrili helpline
Aboriginal and Torres
Strait Islander after
suicide support (24/7)
1800 805 801

Brother to Brother
Crisis support line for
Aboriginal men.
1800 435 799 (24/7)

**Moordijf Koort
Aboriginal Corporation**
Supports the health and
wellbeing of Aboriginal
and Torres Strait
Islander people.
22 Junction Parade,
Midland WA 6056
Phone (08) 6174 7000

**Nyoongar Outreach
Services**
Day and night outreach
services to Aboriginal
people in Metro Perth.
Provides housing
support, community
safety and AOD support.
(08) 9228 4211

**Wungening Aboriginal
Corporation**
Provides support for
AOD, people in prison or
transitioning out of
prison, and provide
psychosocial supports.
08 9221 1411

Housing and Rent Assistance

**Youth Accommodation
Support service**
Crisis and transitional
accommodation (15-25)
(24/7)
9329 4480

NGATTI House
Housing and mental
health support (17-22)
9432 1100

Entrypoint Perth
Homelessness support,
assessment and referral
1800 124 684

Uniting WA

Community services including housing, mental health & NDIS support.

10-12 Market St,
Fremantle 6160
1300 663 298

Youth Place (St Pat's)

12 Queen Victoria St,
Fremantle 6160
Homelessness assistance (12-25)
6372 4800

AYLA

10 McKinnon St,
Cockburn 6164
Transitional housing, foodbank, mental health & educational support
9414 7286

Migrant and Refugee Support

Multicultural Futures

Level 1, Suite 31, 35
William St, Fremantle,
6160

Mental health, housing, alcohol & drug support for migrants for refugees
0400 232 876

ASeTTS

Trauma- informed service for mental health and social connection.
(08) 9227 2700

Drugs and Alcohol Support

South Metro Community Alcohol & Drug Service

Level 3, 22 Queen St
Fremantle
Drug and Alcohol counselling (16+)
9430 5966

SHIFT Northbridge

48 Palmerston St, 6003
Alcohol and Drug and mental health Support (12-25)
08 6212 870

Sexual Health and Relationships Support

Fremantle Hospital Sexual Health

Fremantle Hospital, South tce. Testing, management and counselling for STIs and BBVs.
9431 2149

Sexual Health Quarters (Youth Clinic)

Provides sexual health education and contraception (13 - 19 years)
(08) 9227 6177

Sexual Assault Resource Centre

King Edward Memorial Hospital
Support and counselling for survivors of sexual assault for all sexualities and genders (13+) (24/7)
6458 1828

Social Support

Red Cross Soup Patrol
Beach St Carpark Mon-Sun 6pm
Free soup and bread every evening.
9225 8888

Second Harvest 8 Caffery Place,
Hamilton Hill, 6163 Food support Tues- Fri

Give to be Given Beach St Carpark
Showers, laundry and food
Tues 7pm-9pm, Sat 6am-9am

Freo Street Dr Fremantle and surrounding areas.
No appointment required
Call for times and locations 9432 0480

St Pat's Community Centre
12 Queen Victoria St, Fremantle 6160
Homelessness, housing & health support \$ free/low-cost meals
08 6372 4800

LGBTQIA+ Support

Freedom Centre

(under 26yrs) peer based safe space for young LGBTQIA people.
08 9482 0000

Minus18

Organisation for young LGBTQIA+ people. Runs online discord server.

Crisis Numbers and Support

18 years and over



Urgent Support phone

Police, Fire & Ambulance
Life threatening emergencies
000

Lifeline
Crisis support 13 11 14
(24/7)

Women's Domestic Violence Line
1800 007 339

Men's Domestic Violence Line
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Mental Health Emergency Response Line
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National Indigenous Critical Response Service
Support to individuals, families and communities impacted by suicide loss (24hr) 1800 805 801

Non - urgent Support phone

Helping Minds
Offers support to family, friends and carers for people experiencing mental health challenges.
9427 7100

Carers WA
Short-term counselling for carers. 1800 242 636

Peer pathways
Advisory call line for mental health support to help navigate WA services.
(08) 9477 2809

QLife
LGBTIQ+ specific peer Support
1800 184 527 (3pm-12am AEST)

Drug and Alcohol Support Line Counselling,
information and referral
9442 5000 (24/7)

Mensline
Telephone and online counselling for men 1300 78 99 78 (24/7)

Beyond Blue
Over-the-phone mental healthsupport and counselling
1300 224 636 (24/7)

Perinatal Anxiety & Depression Support
Helpline for women, men & families
1300 726 306

Relationships Australia
Offers support in regard to relationships.
1300 364 277

Samaritans WA
Wellbeing support (8am-8pm AWST) 13 52 47

In-person MH Support

Fiona Stanley Hospital ED
11 Robert Warren Dr,
Murdoch 6150 6152 2222

Fiona Stanley Mental Health
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Murdoch 6150 Assessment
and treatment (16+)
6152 2222

Fremantle Hospital
Mental Health Assessment
and treatment (18+)
9431 3333

Uniting WA
Community services
including housing, mental
health & NDIS support
10-12 Market St, Fremantle
6160
1300 663 298

Head to Health
Mental health referral and
support. Free service. (18+)
1800 595 212

Aboriginal and Torres Strait Islander Support

Thirrili helpline
Aboriginal and Torres
Strait Islander after suicide
support (24/7) 1800 805 801

Brother to Brother
Crisis support line for
Aboriginal men.
1800 435 799 (24/7)

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Day and night outreach
services to Aboriginal
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Cockburn 6164 Transitional
housing, foodbank, mental
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Migrant and Refugee Support

Multicultural Futures
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Drug and Alcohol
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5966

SHIFT Northbridge
48 Palmerston St, 6003
Alcohol and Drug and
mental health Support
(12-25) 08 6212 870

Drug and Alcohol Support Line
Counselling, information
and referral
9442 5000 (24/7)

Sexual Health and Relationships

Fremantle Hospital Sexual Health

Fremantle Hospital, South tce. Block A Testing, management and counselling for STIs and BBVs.
9431 2149

Sexual Health Quarters

Sexual health clinic providing education and low-cost contraception. Also provides counselling support for unintended pregnancy, sexual health and relationships. Also provides counselling for people with disability to learn about consent, respectful relationships and sexuality.
(08) 9227 6177

Social Support

Red Cross Soup Patrol

Beach St Carpark Mon-Sun 6pm
Free soup and bread every evening.
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Women's Services

Sexual Assault Resource Centre

King Edward Memorial Hospital
Support and counselling for survivors of sexual assault (13+) (24/7)
6458 1828

Ruah

Provides family services, centre for women and children, housing and homelessness, mental health and specialized legal services.
13 78 24 (18+)

Luma

Provides services with AOD, Aboriginal Women's Services, Children and Family connection, Eating Disorders, Family and Domestic Violence and medical clinics. (18+)
(08) 6330 5400

Zonta House

Housing and support for women (18+)
1800 870 149

Men's services

Sexual Assault Resource Centre

King Edward Memorial Hospital
Support and counselling for survivors of sexual assault (13+) (24/7)
6458 1828

Men's Domestic Violence Helpline

Provides support to men who have experienced violence or use violence.
1800 000 599

MensLine Australia

Supports men who are dealing with family and relationship difficulty.
1300 789 978

Men's referral service

Offers assistance, information and counselling to help men who use violence.
1300 766 491

MensTime

Offers group programs and counselling for men surrounding mental health, relationships and parenting.
1300 11 44 46

Cold Nips - Project Fellas

Offers community events for men. Occasional retreats where men can connect with their emotional wellbeing.

LGBTQIA+ Services

Mclinic

Provides confidential, non-judgemental STI, HIV and BBV testing and treatment for men who have sex with men, trans people and non binary people who have sex with each other.
(08) 9227 0734

Freedom Centre

(under 26yrs) peer based safe space for young LGBTQIA people.
08 9482 0000

Transfolk WA

Peer based support for all transgender people and their loved ones

Living Proud

Online website offering resources and links to social groups.

First Peoples Rainbow Mob

Provides legal advocacy, referrals, emergency support to Aboriginal and Torres Strait Islander people who identify as LGBTQIA+.