

Organisation	Information
LIFELINE (24/7)	Ph: 13 11 14 Suicidal thoughts or attempts, personal crisis, anxiety, depression, loneliness, abuse & trauma, stresses from work, family or society, self-help information for friends and family.
CRISIS CARE (24/7)	Ph: 9223 1111, 1800 199 008 (country free call) , also can be accessed through translating and interpreting service on 13 14 50 Help to sort out a serious problem, concerned about the wellbeing of a child, escaping domestic violence, arguments causing problems, alone or afraid, homeless, need counselling, information or other support
MENSLINE AUSTRALIA (24/7)	Ph: 1300 789 978 Professional telephone and online support and information service for men.
WOMEN'S DOMESTIC VIOLENCE HELPLINE (DCP&FS) (24/7)	Ph: 9223 1188 Free call: 1800 007 339. (Telephone based interpretation available) Support and counselling for women experiencing family and domestic violence. Includes phone counselling, information and advice, referral to local advocacy and support services, liaison with police if necessary and support in escaping situations of family and domestic violence. The service can refer women to safe accommodation if required.
MEN'S DOMESTIC VIOLENCE HELPLINE (DCP&FS) (24/7)	Ph: 9223 1199 Free call: 1800 000 599. Provides counselling for men who are concerned about their violent and abusive behaviours. Can provide telephone counselling, information and referral to ongoing face-to-face services if required. This service can provide information about accessing legal advice, accommodation and other support services for people who have been served with a violent restraining order. Information and support is also available for men who have experienced family and domestic violence. A telephone-based interpreting service is available if required.
KIDS HELPLINE	1800 551 800 Free emergency telephone support for young people.
PANDA	1300 726 306 (Monday-Friday 9am-7:30pm)

	For new parents experiencing mental health distress.
ALCOHOL & DRUG INFO SERVICE	Ph: 9442 5000 Country: 1800 198 024 Services: The Alcohol and Drug Support Line is a confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.
MENTAL HEALTH EMERGENCY RESPONSE LINE	Ph: 1300 555 788 Peel: 1800 676 822 For anyone involved in a mental health emergency in the community Clinicians at MHERL provide assessment, specialist intervention and support for people experiencing a mental health emergency and if required, referral to a local mental health service.
SEXUAL ASSAULT RESOURCE CENTRE	24/7 emergency line: 6458 1828 Freecall: 1800 199 888 Emergency telephone counselling 8.30am - 11.00pm daily 6458 1828 For females and males, 13+ years, who have been affected by sexual assault or sexual abuse. Provides a 24-hour emergency sexual assault (rape crisis) service in metro Perth. This involves medical care, a forensic examination and counselling support to people who have been sexually assaulted (or raped) within the last 14 days. Also provides counselling in centers across the Perth metro area to those who have experienced sexual assault (rape) and sexual abuse in the past. Free & confidential service. It is NOT part of the police, however SARC will support a person's decision to involve the police.
POISONS INFO CENTRE 24/7	Ph: 13 11 16 Expert advice on the management of poisonings or suspected poisonings, poisoning prevention, drug information and the identification of toxic agents.