

Crisis Numbers and Support



Helplines and Online Support

Urgent Support

Police, Fire & Ambulance
Life threatening emergencies
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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

Lifeline
Crisis support
13 11 14 (24/7)

13YARN
Aboriginal and Torres Strait Islander crisis support
13 92 76 (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)

Other Helplines & Online Support

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

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

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 & 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

Apps

Smiling Mind
Meditation

Worry Time
Controlling your worries

Breathe
Breathing techniques
for anxiety & stress

Clear Fear
Coping strategies for
anxiety

Move Mood
Managing low mood

In-person Health- related 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
Sexual Health**
Fremantle Hospital,
South tce. Block A
Testing, management
and counselling for STIs
and BBVs
9431 2149

**South Metro Community
Alcohol & Drug Service**
Level 3, 22 Queen St
Fremantle
Drug and Alcohol
counselling (16+)
9430 5966

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

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

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

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

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

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

Entrypoint Perth
Homelessness support,
assessment and
referral
1800 124 684

SHIFT Northbridge
48 Palmerston St, 6003
Alcohol and Drug and
mental health Support
(12-25)
08 6212 8700

Social Support

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

Zonta House

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

St Pat's Community Centre

12 Queen Victoria St,
Fremantle 6160
Homelessness, housing & health support & free/low-cost meals
08 6372 4800

Give to be Given

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

Multicultural Futures

Level 1, Suite 31, 35
William St, Fremantle, 6160
Mental health, housing, alcohol & drug support for migrants for refugees
0400 232 876

Red Cross Soup Patrol

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

AYLA

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

Second Harvest

8 Caffery Place,
Hamilton Hill, 6163
Food support
Tues-Fri 9-3
9414 7590