

Useful Phone Numbers

Lifeline: 13 11 14

Alcohol and Drug Information Service:
9442 5000

Gambling Help WA: 1800 858 858

Women's Law Centre: 9272 8800

Ombudsman of WA : 1800 117 000

People with Disabilities WA: 9420 7279

Ethnic Communities Council WA: 9227 5322

Council on the Ageing WA: 9472 0104

COVID-19 Specific

WA COVID-19 hotline: Phone 13 COVID

Jobseekers contact line: 132 850

Life supports counselling service (bulk bill): 1300 735 030

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

MensLine: 1300 789 978



FREE
SERVICES



CONNECTING
COMMUNITY



STRUGGLING TO KNOW WHERE TO GO FOR SUPPORT?

This booklet contains useful online directories
and support service telephone numbers

National Debt Hotline

National debt helpline is a free and confidential service which helps people tackle their debt problems.

- Free advice to help you move on from debt
- Referral to your closest face-to-face financial counselling service
- You can call from 9.30am - 4.30pm Monday to Friday

Call 1800 007 007

The Samaritans

The Samaritans are a Western Australian telephone support service for crisis support.

- Free and anonymous calls
- 24 hour telephone support
- You do not have to be suicidal to call, you can discuss any worries or concerns

Call 135 247


I'm looking for assistance

Fill the following form to find assistance


I want an outlet 5 km near me

SEARCH


AI

Phone: 6253 9500  Open Right Now


AJ

Accordwest Bunbury
Phone: 08 9729 9000  Open Right Now


AK

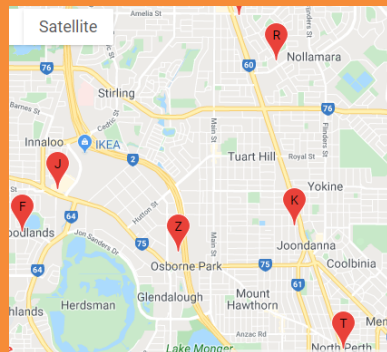
Foodbank of Western Australia Inc. - Foo
Phone: 08 9258 9277  Closed Right Now

AL

Crossways Community Services
Phone: 9495 2033  Closed Right Now

AM

Centacare Family Services
Phone: 08 9921 1433  Closed Right Now



ERConnect

ERConnect is a directory of emergency relief service providers, with information on food relief, financial counsellors, emergency accommodation and support in convenient locations.

- Includes agency phone numbers, operating hours, and directions.
- Has a 'quick exit' button.

<https://erconnect.org.au/>

Welfare Rights Advocacy Service

WRAS provides Independent advice, information, referral and ongoing casework assistance for people in Western Australia. Call to discuss;

- Centrelink issues
- Family Assistance Office issues
- Residential Tenancy issues
- Social Security Prosecution issues

<https://www.wraswa.org.au/>

Financial Counsellor Directory

The Financial Counselling directory provides details of your nearest service that can possibly help you with payment towards bills and more.

- You can locate your nearest financial counsellor by entering your location or postcode in the search tool.

<https://financialcounsellors.org/i-need-emergency-help/>

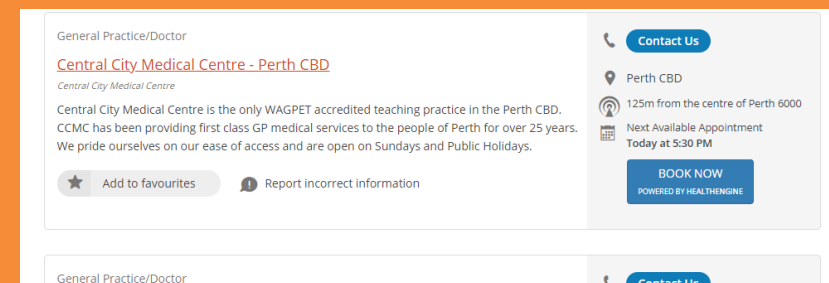
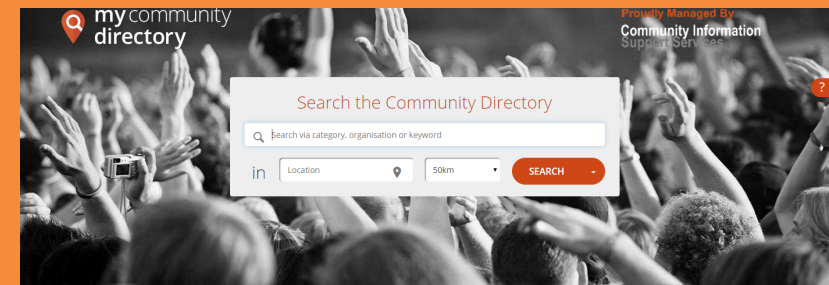
My Community Directory

My Community Directory is a web-based search engine which provides information on free or subsidised services across Australia. Including;

- Health and community services
- Public facilities such as libraries, swimming pools, medicare offices etc.

Has Google maps and Google translate functions

www.mycommunitydirectory.com.au



Ask Izzy

For help and safety call:
Homeless Advisory Service
Freecall
1800 065 892

West Leederville
Head Office
Homeless Healthcare, West Leederville
Open now until 5:00 PM
11 mins walk
4 mins transport
3 mins drive

Subiaco
Support & Tenant Education Program
Rush Community Services
Open now until 4:30 PM
Full wheelchair access
16 mins walk
16 mins transport
4 mins drive
Public housing

- Everyday things**
Swags, clothes, food vouchers etc.
- Domestic & family violence help**
Scared of partner or family member
- Health**
Physical, mental, emotional
- Centrelink**
Access to services
- Money help**
Emergency funds, bills etc.
- Support & counselling**
Relationships, gambling & LGBTIQ+
- Legal**
Police, law & fines
- Drugs & alcohol**
Support & assistance
- Life skills & education**
Everyday skills & training

Ask Izzy is a free and anonymous tool which helps users locate nearby services. Including; housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

- Telstra users can access without credit
- 'Quick exit' button

<https://askizzy.org.au/>

My Wellbeing Mate is a wellness hub which links users to resources such as helplines, websites, guides, videos, inspiring talks, apps and more. Use the four filters to search;

- Mental Health
- Family Support
- Emergency Responders
- Aboriginal Health

Available on the **App Store** and via **Google Play**

My Wellbeing Mate

my wellbeing mate

Help Me

Search for resource

Aboriginal Family Respite Service
Provides support to Aboriginal families who care for a family member with a mental illness.

Adult Mental Health Program
Programs and services to improve the mental health and wellbeing of adults in WA.

How to use My Wellbeing Mate

- Use the 4 filters to refine your search
- Click on the stars to save resources most relevant to you
- Click on the form button to send us your comments

Filters

- Aboriginal Health
- Emergency Responders
- Family Support
- Mental Health