

# Transition Toolkit:

## Local supports to help navigate job uncertainty

Facing job uncertainty can be distressing and can impact our mental health and wellbeing. It can cause tension in our relationships and create financial stress.

This resource brings together details of crisis lines, free in-person services, telephone and online supports, and contacts for service navigators in Western Australia.

If you find yourself needing financial support, family and relationship support, tenancy advice, or any support during this time, this resource provides you a place to start.

## Mental Health & Wellbeing Support

It's normal to feel overwhelmed and need some extra support for our mental health and wellbeing during times of uncertainty.

**Peer Pathways** is a WA statewide helpline which offers a mental health services system navigation. By calling the helpline you will be supported to find local mental health supports suitable for your needs. The helpline is open Monday to Friday, 9am to 5pm (excluding public holidays) (08) 9477 2809.

**Head to Health** is an open door if you are looking for mental health information, service information and support for yourself or someone you care about. Call for free on 1800 595 212 between 8.30am - 5pm weekdays (except public holidays).

**For urgent support, call Lifeline on 13 11 14 or the WA Mental Health Emergency Response Line on 1300 555 788 (Metro) or 1800 676 822 (Peel), or Rurallink(Regional) 1800 552 002.**

## Family & Relationship Support

Your family and loved ones can often be impacted by job uncertainty. There is support available for you and your family.

**Relationships WA** provide low cost counselling services & education to couples & families. There offer a large range of services from couples counselling to parenting education courses. Call 1300 364 277 or visit to learn more: <https://www.relationshipswa.org.au/>

If you want support for your child's mental health, you can get in touch with **Child and Adolescent Mental Health Services (CAMHS)**.

For urgent mental health help or advice for children and young people, call CAMHS Crisis Connect on 1800 048 636, 24 hours a day, 7 days a week.

You can also reach out to **headspace**. headspace provide early intervention mental health services to 12 - 25 yr olds. For more information visit <https://headspace.org.au/headspace-centres/>

# Legal and Tenancy Support

Sometimes we might find ourselves in need of legal or tenancy advice when facing the unknown.

**Legal Aid WA** offers free or low-cost legal services to the community. If they cannot help with your specific problem, they will try to refer you to someone who can. Call their infoline for more support at 1300 650 579 or visit <https://www.legalaid.wa.gov.au/get-legal-help>

**Circle Green Community Legal** provides residential tenants anywhere in Western Australia with legal services, including advice, further assistance, representation, education, advocacy, information, and referrals. To contact them for support, call (08) 6148 3636

# Financial Hardship Support

If find yourself suffering financial stress, and want to improve your money management or manage your debt, you can access financial support. Free confidential financial counselling available for all.

**Financial Wellbeing Collective** is linked in with financial services across the Perth metro area. For support call 1800 932 050 or visit [www.thefwc.org.au](http://www.thefwc.org.au)

# Local Connection

During times of stress, it's important to stay connected to others.

Local governments offer excellent community connections, often providing free training courses, workshops, and community events. You can even get involved in volunteering. We suggest contacting your local government for more information.

The **Befriend** social network are free community groups. Anyone is welcome to attend or host a community group and all groups are held in public spaces like cafes and community centers.

Visit <https://befriend.org.au/>

This resources has been created by [Neami National's Suicide Prevention Coordinator Program](#) in partnership with [Imagined Futures](#).

For information about the SPC program visit: <https://www.neaminational.org.au/services/perth-metro-suicide-prevention-coordination/>

**DISCLAIMER:** The information in this resource is for general use only. Every effort to ensure the information in this guide is accurate, the advice within it may not apply to all circumstances. Neami SPC is not responsible for the suitability of the information for your specific circumstances, or any actions taken because of the information included in this guide. You must make your own assessment of the information contained in this document and whether you choose to rely on it.

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**We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.**

