

Community Navigators



Often life challenges do not neatly fit into boxes.

It is not uncommon to be experiencing several concerns at the same time and be confused about which bit to address first.

Where is the door? is a project to help people better navigate community services in the local government areas of Cockburn, Fremantle and Melville.



The project is responding to an increased need from community members, due to higher costs of living, housing pressures and other demands creating increased stress for individuals and families.

Many people find themselves looking for support for the first time and do not know where to start. Yet, the earlier people seek help, the more options are available and the easier it is to stop problems from worsening.

- ▼ Here are some local resources to try if you, or a loved one, are experiencing difficulties...



How to find the right support at the right time

COCKBURN FREMANTLE MELVILLE

There are community navigators in our local area who can talk through the best way to access help for your individual circumstances.



Imagined Futures

Imagined
Futures
**Where is
the door**



whereisthedoor.org.au

Imagined
Futures
**Where is
the door**



Mental Health



Family Domestic Violence



Financial Support



Ongoing uncertainty and financial pressures can impact mental health.

A local Mental Health Support Resource makes it simpler to find mental health supports for all ages in our region.

The resource brings together details of crisis lines, local free face to face services, vetted telephone and online supports, and contacts for community navigators.



Mental Health Resource

This resource can be downloaded to your phone via the Access MyCommunity App.

To access the resource link and App, text the word Wellbeing4Me to 0488 884 151, or scan the QR code >



If you are concerned about yourself or a loved one support is available for people experiencing violence and abuse.

- ▼ The 1800 RESPECT line and yourtoolkit.com are good places to start.
- ▼ The FDV Supports resource provides a comprehensive list of supports in the region.

1800 RESPECT

National Sexual Assault, Domestic Family Violence Counselling Service. Open 24 hours.
Phone: 1800 737 732
Visit: 1800respect.org.au

Your ToolKit.com

A free guide on personal safety, support services and money matters for people facing family and domestic violence.
Visit: yourtoolkit.com



Family & Domestic Violence Supports

Free and low-cost services and resources for families. Scan the QR code >



Whatever the reason, if you are falling behind with bills or feeling overwhelmed, it's time to reach out for financial support.

National Debt Hotline

When you're in financial trouble your first port of call should be the National Debt Helpline. Trained financial counsellors will assess your situation and provide you with free advice to help you move on.

Phone: 1800 007 007

Visit: ndh.org.au

Financial Wellbeing Collective

FREE confidential financial support available for all community members.

Financial Counselling - Support to manage debt, develop a budget or advocate and negotiate with creditors.

Energy Ahead - Support to better manage energy use and reduce costs.

Visit: thefwc.org.au

Emergency Relief Food Access Service

Help if you are struggling to put food on the table, pay rent or bills.

Phone: 1800 979 777