

Phone & Online Support

App Resource

Q Life LGBTIQ+ Service

Telephone and online peer support and referral.
Phone [1800 184 527](tel:1800184527) Visit qlife.org.au

MindSpot

Online support service for anxiety and depression.
Phone [1800 61 44 34](tel:1800614434) Visit mindspot.org.au

Act Belong Commit

Information, resources, and local activity finder.
Visit actbelongcommit.org.au

headspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.
Visit headspace.org.au/eheadspace

Perinatal Anxiety & Depression

Support for women, men, and families.
Phone [1300 726 306](tel:1300726306)

Beyond Blue

Information, phone, and online support.
Phone [1300 224 636](tel:1300224636) Website beyondblue.org.au

Suicide Prevention Peer CARE Connect

A non-crisis call-back service for individuals, people affected by suicide, or people caring for others.
Phone [1800 77 7337](tel:1800777337)

Thirrili

24/7 Indigenous after suicide support service.
Supports individuals, families, and communities.
Phone [1800 805 801](tel:1800805801)



This resource can be downloaded to your phone via the My Community App. To Access the resource link and App:



- Text the word [Wellbeing4Me](https://www.wellbeing4me.org.au) to [0488 884 151](tel:0488884151)
- or scan the QR code.



Mental Health Support

Free and low cost services accessible without referral

For more information on resources visit imaginedfutures.org.au/resources

Free and low cost services accessible without referral

COCKBURN FREMANTLE MELVILLE



Crisis Support

Emergency

If you or another person is in immediate risk of harm or in an emergency, [dial 000](#).

Lifeline

24/7 support for all ages living in Australia.
Phone [13 11 14](#)

13 Yarn

24/7 support for Aboriginal and Torres Strait Islanders.
Phone [13 92 76](#)

Suicide Call Back Service

24/7 support for people at risk of suicide, bereaved by suicide, and for people concerned about others.
Phone [1300 659 467](#)

Mental Health

Emergency Response Line

24/7 support for individuals, family, or health professionals.
Phone [1300 555 788](#)

Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.
Phone [1800 551 800](#)

Children & Adolescent Mental Health Service Crisis Connect

24/7 support for young people aged 17 years and under and their families/carers, health professionals, and teachers.
Phone [1800 048 636](#)

Face to Face

headspace Fremantle

Support and counselling for ages 12 to 25 years.
Phone [08 9431 7453](#)

Cockburn Support Service

Counselling and support for families and adults.
Phone [08 9411 3859](#)

St Pat's

Counselling Service - Fremantle

An adult service. Health Care Card required.
Phone [08 6372 4800](#)

ALIVE Program - Cockburn

Counselling for suicidal thoughts and self harm for ages 17+ years.
Phone [1300 706 922](#)

Fremantle Hospital

Mental Health Service

Mental health services for ages 18 to 65 years.
Phone [08 9431 3333](#)

Fremantle Older Adult

Mental Health Service

Assessment and treatment for ages 65+ years.
Phone [08 9431 3600](#)

Fremantle Women's Health Centre

Health and counselling services for women.
Phone [08 9431 0500](#)

Multicultural Futures

Mental health services for migrants and refugees.
Phone [08 9336 8282](#) (Fremantle)
Phone [0408 899 712](#) (Fremantle & Cockburn)

Community Navigators



Fremantle and Rockingham Family Support Network

Links families into a range of support services.
Phone [1300 951 190](#)

ConnectGroups

Links individuals and families into community peer support groups.
Phone [08 9364 6909](#)

Library Connect City of Fremantle

A walk-in service at Fremantle Library for advice, referrals and support.

- Tuesdays & Thursdays [1pm to 6pm](#)
- Wednesdays [9am to 5pm](#)
- Saturdays [9am to 2pm](#)

Peer Pathways

A peer help line connecting people to local supports, information, and resources.
Phone [08 9477 2809](#)