

Phone & Online Support

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)

App Resource



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



- Text the word Wellbeing4Me to [0488 884 151](tel:0488884151)
- or scan the QR code.



Mental Health Support

Free and low cost services accessible without referral



Free and low cost services accessible without referral

COCKBURN

FREMANTLE

MELVILLE

Imagined Futures
Where is the door ?



whereisthedoor.org.au

Imagined Futures
if_

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

Here For You

Support line available 7am to 10pm daily for anyone in WA seeking help for their own or someone else's mental health, alcohol and or other drug related challenges. Phone 1800 437 348

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

Support for 18-65 years, phone 08 9431 3333
Support for 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)

Just Kids Health

Nurse Practitioners who treat babies to teens and support their families with health issues.
Phone 08 6243 1711

Medicare Mental Health Service

Free walk in mental health service for adults in the metro area. No referral or Medicare card needed.
Phone 1800 595 212

Community Navigators



Fremantle and Rockingham Family Support Network

Links families into a range of support services.
Phone 1300 951 190

Alike WA

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.

- Tuesday & Thursday 11.30am-4pm
- Wednesdays 9am-5pm
- Saturdays 9am-2pm

Peer Pathways

A peer help line connecting people to local supports, information, and resources.
Phone 08 9477 2809