



# Support for people who work in Human Services

Cockburn, Fremantle  
& Melville



Many of us working in human services are supporting people through financial stress, mental health challenges, family and domestic violence, food insecurity and housing pressure - while quietly navigating these pressures ourselves.

This resource has been developed by Imagined Futures and draws on **Where is the door?** - a local guide designed to help people find the right support at the right time.

These free and low-cost supports are intended to be used by you, as well as in your work.

# Putting your oxygen mask on first

Reaching out for support early can:

- reduce ongoing stress
- prevent challenges from escalating
- protect energy, focus and wellbeing
- make this work more sustainable over time

These supports are available to you, even if:

- you are employed
- you are “managing, but stretched”
- things aren’t urgent yet

Reaching out early gives you more options and support.



## Did you know?

Of those reaching out to the Financial Wellbeing Collective: in 2025

- 38% are employed
- 28% are mortgage holders
- Many have never asked for help before

## What helps - and how

Often, support is about reducing one layer of pressure, so everything else feels more manageable.

### Financial counselling and support

Free, confidential financial counselling and tenancy support for all community members can help to:

- ease money stress and decision fatigue
- provide clear, practical options and next steps
- prevent arrears or debt from escalating
- advocate with banks, utilities or landlords
- link you to Energy Ahead to help reduce household energy use and cut power bills

Many people use financial counselling simply to regain clarity, breathing space, and reduce ongoing costs - not because they're in crisis.

Watch James McHale from Anglicare WA talk about his experience of accessing financial counselling.

[Watch on YouTube](#)



### Find financial support

[whereisthedoor.org.au](http://whereisthedoor.org.au)



### Or cost of living supports

[whereisthedoor.org.au](http://whereisthedoor.org.au)

### Did you know?

**On average, financial counsellors see people around a year after money stress first begins.**

Many say the same thing:  
*"I wish I'd reached out earlier."*



## Mental health supports



Local free or low-cost mental health supports for all ages can help to:

- manage stress, fatigue and emotional load
- improve sleep, focus and coping
- reduce burnout and compassion fatigue

Support is available before things feel overwhelming.

## Accommodation, food and social support

Free and low-cost meals, food assistance, accommodation and social supports can help to:

- relieve pressure during tight or uncertain periods
- free up money for rent, fuel or bills
- maintain stability and dignity

Early support can prevent bigger gaps opening up later.

## Find mental health supports

[whereisthedoor.org.au](http://whereisthedoor.org.au)



## Food & Accommodation Supports

[whereisthedoor.org.au](http://whereisthedoor.org.au)



## Why reaching out matters

People who work in human services are often capable, committed, and used to coping. That can make it easier to delay reaching out - even when things are hard. Reaching out early is a practical choice that supports wellbeing - and sustains the work you do.