



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:

- 38% are employed
- 25% 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



Or cost of living supports

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



Food & Accommodation Supports

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.