



# Help is Available

## Fremantle – Kwinana – Mandurah – Rockingham

### Homeless Helpline

**Free call: 1800 065 892**

### National Sexual Assault, Domestic and Family Violence Counselling Service

**Free call: 1800 737 732 (1800 RESPECT)**

### Alcohol and Drug Support Line

**Free call: 1800 198 024**

### 360 Health

Counselling, general and mental health support for Aboriginal and Torres Strait Islander people

**Phone: 1300 706 922**

#### Fremantle

Phone: 9431 7453

#### Mandurah

Phone: 6595 8850

#### Rockingham

Phone: 6595 8800

### Aboriginal Mediation Service

**Free call: 1800 045 577**

Phone: 9264 6176

### Advocare

Supports and protects rights of older people

**Free call: 1800 655 566**

Phone: 9479 7566

### Anglicare Stabilising Homes

Preventative and early intervention services

**Phone: 9581 0583**

### Anglicare WA

Support and referral services

**Phone: 1300 114 446**

### Care Options

Supports independent living at home and in the community

**Phone: 9550 7888**

### Chorus

In home and community support for seniors, people with disability or those seeking mental health support

**Free call: 1800 264 268**

Phone: 9318 5700

### Circle Green Community Legal

Assistance with rental and tenancy issues

**Phone: 6148 3636**

### Citizen's Advice Bureau

#### Fremantle

Phone: 9335 4522

#### Kwinana

Phone: 9439 1251

#### Mandurah

Phone: 9535 3101

#### Rockingham

Phone: 9527 6671

### Crisis Care Helpline

**Free call: 1800 199 008**

Phone: 9223 1111

### Department of Communities

**Free call: 1800 176 888**

#### Fremantle

##### Child Protection and Family Support

Housing  
Phone: 9431 8800

##### Housing

Phone: 9432 5300

#### Kwinana

##### Child Protection and Family Support

Housing  
Phone: 9439 1838

##### Housing

Phone: 9411 9500

#### Mandurah

##### Child Protection and Family Support

Housing  
Phone: 9583 6688

##### Housing

Phone: 9583 6100

#### Rockingham

##### Child Protection and Family Support

Housing  
Phone: 9527 0100

### Elder Abuse Helpline

**Phone: 1300 724 679**

### Entrypoint

Referral service for people who are or at risk of becoming homeless

**Free call: 1800 124 684**

Phone: 6496 0001

### Family Support Network

**Phone: 1800 199 008**

### Headspace

**Phone: 9431 7453**

### Helping Minds

**Phone: 9427 7100**

### Kids Helpline

**Free call: 1800 551 800**

### Life Without Barriers

Support and referral services

**Phone: 9208 3400**

### Lifeline

24-hour support and suicide prevention

**Phone: 13 11 14**

### Men's Domestic Violence Helpline

**Free call: 1800 000 599**

Phone: 9223 1199

### MensLine Australia

Support for men with relationship and family concerns

**Phone: 1300 789 978**

### Mental Health Emergency Response Line

In an emergency call **000** or visit a hospital emergency department

#### Metro

Phone: 1300 555 788

#### Peel

Phone: 1800 676 822

### Multicultural Futures

Support services for migrants and refugees

**Phone: 9336 8282**

### National Debt Helpline

**Free call: 1800 007 007**

### New Hope Therapy

Support and counselling services for mental health issues

**Phone: 9540 0910**

### Ngala Parenting Line

**Free call: 1800 111 546**

### Outcare

Support services to rebuild lives

**Phone: 6263 8622**

### Palmerston

Counselling services for mental health and substance abuse

#### Fremantle

Phone: 9430 5966

#### Mandurah

Phone: 9581 4010

#### Rockingham

Phone: 9550 9200

### Portcare

Emergency relief support services

**Mobile: 0431 439 097**

### Richmond Wellbeing

Mental health support services

**Free call: 1800 742 466**

### RUAH Community Services

Support and referral services

**Phone: 13 78 24**

### Salvation Army

Support and referral services

**Phone: 13 72 58**

### South Metro Community Alcohol and Drug Service

#### Fremantle

Phone: 9430 5966

#### Mandurah

Phone: 9581 4010

#### Rockingham

Phone: 9550 9200

### Southern Communities Advocacy Legal and Education Service Inc

**Phone: 9550 0400**

### St Vincent de Paul Society

Support and referral services

**Phone: 1300 794 054**

#### Kwinana

Phone: 9419 6652

#### Mandurah

Phone: 9535 9035

#### Rockingham

Phone: 9592 7816

### St Patrick's Community Support Centre

Emergency relief, crisis and transitional accommodation

**Phone: 6372 4800**

### WA No Interest Loans Network Inc

**Phone: 9263 2199**

### Women's Domestic Violence Helpline

**Free call: 1800 007 339**

Phone: 9223 1188

### Women's Law Centre

**Free call: 1800 625 122**

Phone: 9272 8800

### Youth Futures

Support and crisis accommodation for young people

**Phone: 9300 2677**

### Youth Link WA

Support services for young people aged between 13 and 24 years

**Free call: 1800 803 356**

Phone: 9227 4300

## Fremantle

### Fremantle Community Legal Centre

**Phone: 9432 9790**

### Fremantle Street Doctor

**Phone: 9432 0480**

## Kwinana

### Darius Wells Resource Centre

Community support programs

**Phone: 9236 4320**

### Orange Sky – Drop-in Centre

Laundry and showering facilities

**Corner Medina Ave and Hoyle Road, Medina**

## Mandurah

### Access Housing

Affordable housing for low-income earners

**Phone: 9534 0400**

### Accordwest

Financial counselling and emergency relief for people who are homeless

**Free call: 1800 115 799**

### Billy Dower Youth Centre

Support and counselling services for young people who are or at-risk of becoming homeless

**Phone: 9550 3670**

### Calvary

Crisis accommodation for young people aged 15 to 25 years

**Phone: 9581 1741**

### Enable

NDIS supported living services

**Phone: 9792 7500**

### Halo Team Inc

Support and referral services

**Phone: 9586 2245**

### Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre

**Phone: 9586 4580**

### Passages

Youth Engagement Hub

**Phone: 9583 5160**

### Pat Thomas House

Crisis accommodation for victims of family violence

**Phone: 9535 4775**

### Peel Community Care

In home support for seniors and people with a disability

**Phone: 9531 2076**

### Peel Community Legal Services

**Phone: 9581 4511**

### Peel Youth Services

Counselling youth and parent support

**Phone: 9581 3365**

### Reconnect Mission Australia

Support and referral services

**Phone: 9531 9400**

### WestAus Crisis and Welfare Services

Referral service for people who are or at-risk of becoming homeless

**Phone: 9582 9920**

## Rockingham

### Babbingur Mia

Support services for Aboriginal and Torres Strait Islander people experiencing mental health or substance abuse issues

**Phone: 9550 0900**

### Coastal District Care Centre

Emergency relief support services for people who are homeless

**Mobile: 0416 413 849**

### Lucy Saw Women's Refuge

**Phone: 9527 6872**

### South Coastal Health and Community Services

**Phone: 9550 0900**

### Southern Communities Advocacy Legal and Education Service

**Phone: 9550 0400**

### St Brendan's By the Sea

Emergency relief services, homeless respite, laundry, hairdressing and podiatry services

**Mobile: 0427 921 342**

### Wungening Aboriginal Corporation

**Phone: 6558 1090**

**Translating and Interpreting Service (TIS) – Telephone: 13 14 50**

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.

For more information visit: [Communications.gov.au/accesshub/nrs](http://Communications.gov.au/accesshub/nrs)