

# Phone and Online Support

## Non-Crisis

### Q Life - LGBTIQ+ Service

Telephone and online peer support and referral.

P: 1800 184 527 | W: [www.qlife.org.au](http://www.qlife.org.au)

### MindSpot

Online support service for anxiety and depression.

P: 1800 61 44 34 | W: [www.mindspot.org.au](http://www.mindspot.org.au)

### Act Belong Commit

Information, resources, and local activity finder.

W: [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

### eheadspace

Telephone and online support for 12 to 25-year olds and their parents/carers or friends.

W: [www.headspace.org.au/eheadspace/](http://www.headspace.org.au/eheadspace/)

### Perinatal Anxiety & Depression

Support for women, men, and families.

P: 1300 726 306

### Beyond Blue

Information, phone, and online support.

P: 1300 224 636 | W: [www.beyondblue.org.au](http://www.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.

P: 1800 77 7337

Family GPs can provide assessment and referral to mental health support services.

### Mental Health Support App Resource

This resource can be downloaded to your phone via the Access My Community App. To access the resource link and App, text the word **Wellbeing4Me** to 0488 884 151 or scan the QR code.



# MENTAL HEALTH SUPPORT

COCKBURN, FREMANTLE, & MELVILLE

Free and low cost services accessible without referral

For more information on resources visit <https://imaginedfutures.org.au/mental-health/alliance/>

## Crisis Support

If you or another person is in immediate risk of harm or in an emergency, dial 000 or visit the nearest hospital emergency department.

### Lifeline

24/7 support for all ages living in Australia.

P: 13 11 14

### Suicide Call Back Service

24/7 support for people at risk of suicide, bereaved by suicide, and for people concerned about others.

P: 1300 659 467

### Mental Health Emergency Response Line

24/7 support for individuals, family, or health professionals.

P: 1300 555 788

### Kids Help Line

24/7 support for ages 5 to 25 years and their parents/carers.

P: 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.

P: 1800 048 636

## Face-to-Face Support Non-Crisis

### headspace Fremantle

Support and counselling for ages 12 to 25 years.

P: 08 9431 7453

### Cockburn Support Service

Counselling and support for families and adults.

P: 08 9411 3859

### St Pats Counselling Service - Fremantle

An adult service. Health Care Card required.

P: 08 6372 4800

### ALIVE Program - Cockburn

Counselling for suicidal thoughts and self harm for ages 17+ years.

P: 1300 706 922

### Fremantle Hospital Mental Health Service

Mental health services for ages 18 to 65 years.

P: 08 9431 3333

### Fremantle Older Adult Mental Health Service

Assessment and treatment for ages 65+ years.

P: 08 9431 3600

### Fremantle Women's Health Centre

Health and counselling services for women.

P: 08 9431 0500

### Multicultural Futures

Mental health services for migrants and refugees.

P: 08 9336 8282 – Fremantle

P: 0408 899 712 – Fremantle and Cockburn

## Community Navigators Non-Crisis

### Fremantle and Rockingham Family Support Network

Links families into a range of support services.

P: 1300 951 190

### ConnectGroups

Links individuals and families into community peer support groups.

P: 08 9364 6909

### Library Connect - City of Fremantle

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

Available: Tuesday & Thursday 1pm to 7pm,  
Wednesday 9am to 6pm, Saturday 9am to 2pm.

### Peer Pathways

A peer help line connecting people to local supports, information, and resources.

P: 08 9477 2809