

# Self-Help Contact Numbers

This is a brief self help guide which you may find useful. It is not inclusive



PERTH SOUTH COASTAL

*Connecting health to meet local needs*

## FEELING SUICIDAL or NEED HELP IN AN EMERGENCY

Psychiatric Emergency Team	1300 555 788
Samaritans	1800 198 313
Crisis Care	1800 199 008

## NEED SOME SUPPORT

Life Line	131 114
Centre Care	9440 0400
Parents without Partners	9485 8940
GROW	9315 1666
ARAFMI	9535 5844
Family Hotline	1800 643 000
SANE Australia	1800 688 382

## ALCOHOL &/OR DRUG ISSUES

Alcohol & Drug Information Service	1800 198 024 / 9442 5000
Palmerston Association	9328 7355
Next Step	9430 5966
Serenity Lodge	9529 2500 (R/Ham) 9581 4010 (Mandurah) 9527 9999 (Fremantle)
Alcoholics Anonymous	9325 3566

## MENS SERVICES

Men's Line Australia	1300 789 978
About Blokes	9272 1666
Holyoake	9416 4444

## WOMENS SERVICES

South Coastal Women's Health Service	9550 0900
Perth Women's Centre	1800 246 655
Domestic Violence Counsel & Support	9325 6644
Women's Information Services	6217 8230

## RELATIONSHIPS

Relationships Australia	9489 6300
-------------------------	-----------

## BEREAVEMENT

The Compassionate Friends	1800 628 118
Kids Helpline	1800 551 800