Useful Telephone Numbers for Support Services – Catholic Archdiocese of Perth

Emergency & Crisis Support (24/7)	
Police, Fire, Ambulance: 000 Lifeline WA (Crisis Support & Suicide Prevention): 13 11 14 1800RESPECT (National Sexual Assault, Family & Domestic Violence Counselling): 1800 737 732 Suicide Call Back Service: 1300 659 467	MensLine Australia: 1300 789 978 Kids Helpline (Ages 5-25): 1800 55 1800 13YARN (Aboriginal & Torres Strait Islander Crisis Support): 13 92 76 Mental Health Emergency Response Line (Metro WA): 1300 555 788
Specific Support Services	
Women's Domestic Violence Helpline (WA): 1800 007 339 Men's Domestic Violence Helpline (WA): 1800 000 599 Alcohol and Drug Support Line (WA): 1800 198 024 or (08) 9442 5000 LGBTIQ+ support: 1800 184 527 Carer Gateway: 1800 422 737	13YARN (Aboriginal & Torres Strait Islander crisis support): 13 92 76 Translating and Interpreting Service (TIS): 13 14 50 Relationships Australia: 1300 364 277 Djinda Service for First Nation women and children who have experienced violence or sexual assault: 1300 364 277
Health & Other Services	
Health direct (Non-emergency health advice): 1800 022 222 State Emergency Service (SES): 132 500	106 (TTY/Text-based service for hearing/speech impairment): 106 National Directory of Services
Abortion	
Right to Know: offers information, a helpline and counselling referrals for those experiencing abortion-related grief or trauma. 1300 139 313	Pregnancy Assistance: free, confidential support for people facing pregnancy, pregnancy loss, or related concerns. Provides practical assistance and non-judgemental counselling, including post-abortion counselling. (08) 9328 2929
Abuse *[of a child or vulnerable person]*	
In an emergency, or if you or someone you know is in immediate danger, call police on 000	
If not in immediate danger – Catholic Archdiocese of Perth Safeguarding: 1800 072 390 or (08) 9221 7762 Centrecare: a well-respected Catholic not-for-profit organisation providing a variety of counselling and professional social services inspired by compassion and respect for human dignity. (08) 9325 6644 Victims Access Line: provides support for all Western Australians including women, with or without children, who are experiencing domestic and family violence (including referrals to women's refuges). 1800 007 339	Australian Sexual Violence Support Directory: A directory of the multiple specialist sexual assault services and rape crisis centres in each state and territory available across Australia. (08) 6458 1828 or 1800 199 888 Blue Knot Foundation: For Adult Survivors of childhood trauma. 1300 657 380 Elder Abuse: WA Elder Abuse Helpline and Information Service: 1300 724 679 Survivors & Mates Support Network: For Male Survivors of child sexual abuse. 1800 472 676
Accommodation *(crisis accommodation)*	
Coolabaroo Housing Service (First Nations-specific): (08) 9490 4333 Entrypoint Perth: 1800 124 684 or 6496 0001 Crisis Care: 1800 199 008	*Youth-specific* Foyer Oxford: 1800 185 685 Youth Place @ St Pat's: (08) 6372 4800 Perth Inner City Youth Service: (08) 9388 2791 Youth Futures: (08) 9300 2677

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Revised July 2026

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AIDS/HIV	
For people living with HIV/AIDS, families & carers	WA AIDS Council (WAAC): (08) 9482 0000
Alcohol	
Alcohol and Drug Support Line (WA): Alcohol and drug support is provided by a counsellor over the phone or on a live chat for anyone concerned about their own or another person's alcohol or drug use. Available 24 hours a day seven days a week by calling (08) 9442 5000 (1800 198 024 for country callers).	Alcoholics Anonymous (WA): 24/7 Helpline (08) 9325 3566 or 1300 22 22 22 Al-Anon Family Groups Australia: families and friends of alcoholics recovering from the effects of living with someone whose drinking is a problem (08) 9325 7528 or 1300 252 666 Alateen: a recovery group for adolescents ages 9 – 19 who are relatives or friends of alcoholics. 1300 252 666
Anxiety and Depression	
Lifeline WA: 13 11 14 Beyond Blue: 1300 22 4636	Multicultural Futures: Free counselling for individuals from a migrant and refugee background. Also provide mental health advocacy, information & referrals (08) 9336 8282
Alzheimer & Dementia	
National Dementia Helpline: 1800 100 500	Carers WA: 1800 422 737
Children	
Kids Helpline (Ages 5-25): 1800 55 1800 Headspace (Ages 12-25): mental health and wellbeing support for the young and their families. 1800 650 890	Coolabaroo Community Children and Schooling Program: (08) 9490 4333 Wungening Moort Service (Perth Metro First Nations families in contact with the child protection system): (08) 9490 4333
Divorced or Separated	
Communicare: *'Keeping Kids in Mind'* program for separated or divorce families. (08) 9251 5777 Ngala: (08) 9368 9368	Family Relationships Advice Line: 1800 050 321 Archdiocesan Tribunal Office: (08) 9223 1330
Domestic and Family Violence	
Lifeline Domestic and Family Violence Support Services: 24/7 Chat or 0477 13 11 14 (Lifeline Service Finder) Full Stop Australia (24/7): 1800 385 578 1800RESPECT (National Sexual Assault, Family & Domestic Violence Counselling): 1800 737 732	Brother to Brother (24/7): 1800 435 799 *For men who have chosen to use violence and want to change* Men's Referral Service: 1300 766 491 or chat Don't Become That Man: 1300 24 34 13
Drugs	
Alcohol and Drug Support Line (WA): 1800 198 024 or (08) 9442 5000	National Alcohol and Other Drug Hotline: 1800 250 015
Eating Disorders/Body Image	
The Butterfly Foundation: a national charity for anyone in Australia impacted by eating disorders and body image issues; individuals, families, friends and communities. 1800 334 673	Headspace: provide online and phone support InsideOut Institute: Australia's national eating disorder research and clinical excellence institute.
Fertility Management	
Australian Council of Natural Family Planning [ACNFP]: Catholic Family & Justice Support Services is an accredited centre of the ACNFP. (08) 9278 0253	
Gambling	
Gambling Help Online: 1800 858 858	Centrecare: (08) 9325 6644

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Hearing-impaired	
Perth Children's Hospital [PCH]: Audiology Department has a comprehensive range of hearing and balance-related services for ages 0-16 years. (08) 6456 2222	Better Hearing Australia: 0455 224 292
Homelessness	
The Shopfront: is an agency of the Catholic Archdiocese of Perth that provides some food and drink for those who call in. They also help with food for families and those in hardship. (08) 9371 9109	St Vincent de Paul (WA): 1300 794 054
Immigration	
West Australian Catholic Migrant & Refugee Office [WACMRO]: is an agency of the Catholic Archdiocese of Perth that supports migrants and refugees, in a manner that upholds their dignity, to enable them to feel a sense of welcome and belonging in the community. (08) 9278 0236	Multicultural Services Centre: (08) 9328 2699
Marriage & Family Counselling *(including pre-marriage courses)*	
Catholic Family & Justice Support Services: (08) 9278 0253	
Mental Illness	
Mental Health Commission: (08) 6553 0400	Headspace: provide online and phone support
Money	
Centrecare (budget/financial counselling): (08) 9325 6644	St Vincent de Paul (WA): 1300 794 054
Parent Support	
Ngala Parenting Line: (08) 9368 9368	
Pregnancy Help	
Pregnancy Assistance: (08) 9328 2929	
Pornography Addiction	
Kids Helpline (Ages 5-25): 1800 55 1800 Family Relationship Advice Line: 1800 050 321	ReachOut (Ages 16-25): PeerChat is available Monday to Thursday 3-8pm and Friday 11:30am-4:30pm. (02) 8029 7777
Suicide Prevention	
Lifeline (Crisis Support & Suicide Prevention): 13 11 14	Suicide Call Back Service: 1300 659 467
Veterans	
Open Arms – veteran and families counselling. 1800 011 046	
Welfare Counselling	
St Vincent de Paul (WA): 1300 794 054	

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