

# CRISIS NUMBERS & HELP LINES

- Beyond Blue** (*depression support*) - 1300 22 4636
- Carers Assoc WA Counselling** - 1800 007 332
- Cancer Council Help Line** - 13 11 20
- Commonwealth Carelink** - 1800 052 222  
*(Free information about respite services, community aged care, disability & other support services)*
- Crisis Care** - 1800 199 008  
*(For families in crisis or when concerned about the well being of a child)*
- Health Direct** - 1800 022 222
- Family Court Counselling Service** - 1800 242636
- Family Helpline** - 1800 643 000
- Kids' Helpline** - 1800 55 1800
- Lifeline** - 13 11 14
- Men's Domestic Violence Helpline** - 1800 000 599
- Men's Help Line** - 1800 78 99 78
- Parent Drug Information Service** - 1800 653 203
- Pregnancy Helpline** - 1300 139 313
- Poisons Information Centre** - 13 11 26
- Psychiatric Emergency** - 1800 552 002
- Seniors Telephone Info line (9 - 3pm, Mon - Friday)** - 1800 671 233
- Sexual Assault & Rape Crisis Service (Waratah)** - 97 91 2894
  - Waratah (9am - 5pm)** - 1800 017 303
  - Rape Crisis Line (a/h)** - 1800 199 008
- South West 24** - 1800 555 336  
*(Provides professional support for people in the South West who need to deal with depression; suicide; anxiety; drug use; alcohol abuse; & other mental health concerns)*
- South West Women's Health & Information Centre (office hours)** - 1800 673 350
- The Samaritans** - 1800 198 313
- Youth Link** - 1800 803 356  
*(For homeless youth & those disconnected from home)*

## WEB SITES

- Beyond Blue** [www.beyondblue.com](http://www.beyondblue.com)
- Ministerial Council for Suicide Prevention** [www.mcsp.org.au](http://www.mcsp.org.au)



**Lifeline**

[www.lifeline.org.au](http://www.lifeline.org.au)

**Kids Help Line**

[www.kidshelp.com.au](http://www.kidshelp.com.au)

## **SUPPORT SERVICES (Bunbury Area)**

**Anglicare Financial Counselling Service** – Provides financial advice and assistance with budgeting, negotiating with creditors, bankruptcy information **9791 2585**

**Agencies for South West Accommodation (ASWA)** – Crisis accommodation, tenancy issues, emergency relief, youth and family services **9791 3213**

**Bunbury Supported Accommodation Service** – Supported crisis accommodation for singles or families who are currently homeless in the Bunbury area **1800 001 590**

**Bunbury Community Legal Centre & Mediation Service** – Provides preliminary legal advice and mediations services by appointment **9791 3206**

**Centrecare** – Provides counselling for couples, families, children and individual adults. Also provides community education programs **9721 5177**

**Centrelink** **13 10 21**

**Foodbank** **9791 9097**

**Shoestring Cafe** – Provides low cost lunch, tea & coffee for people on low income, weekdays 10am – 1.30pm 52 Wittenoom St (next to Centrelink) **9791 4214**

**Bunbury Pathways** – Offer practical support for people with mental illness: home visiting; accommodation issues; social & recreational activities; and advocacy **9791 1257**

**Relationships Australia** – Provides couple and individual counselling on relationship issues **9721 5288 / 9721 5272**

**Salvation Army** – Provides financial counselling, budgeting and assistance to clients on low incomes with financial difficulties. **9721 4519**

**St Vincent De Paul** – Provides cheap clothing and food parcels to those on low income **9721 2951**

**South West Community Drug Service Team (SJOG)** – Confidential counselling and treatment for alcohol and other drug-related problems **9721 9256**

**South West Women's Refuge** **9791 2894**

**True Colours** – supporting rural young people with a diverse sexuality and/or gender **1300 663 298**

**Waratah Support Centre** – offers free counselling for children, teens and adults in the areas of sexual Abuse, sexual assault and domestic violence **9791 2884**