

Important numbers

URGENT:**Lifeline**

13 11 14

www.lifeline.org.au**Kids Help Line**

1800 55 1800

www.kidshelp.com.au**Mental Health Emergency Response Line (MHERL)**

Metro: 1300 555 788

Peel: 1800 676 822

Suicide Callback Service

1300 659 467

www.suicidecallbackservice.org.au**Beyond Blue**

1300 22 4636

www.beyondblue.org.au**Crisis Care Helpline**

9223 1111

Freecall: 1800 199 008

MensLine Australia

1300 78 99 78

Women's Domestic Violence Helpline

08 9223 1188

Freecall: 1800 007 339

NON-URGENT:**Child and Adolescent Mental Health Service (CAHMS)**

Peel: 9531 8080 Rockingham: 9528 0555

Peel Community Mental Health (Adults) 9531 8080**Palmerston Drug Service**

Peel: 9581 4010 Rockingham: 9529 2500

Alcohol and Drug Support Line 9442 5000**Communicare** 9251 5777 Rockingham Office: 9529 4636

Children, Youth & Family Services (including counselling)

Communicare DV Outreach 9439 5707**Headspace** (12-25yrs)headspace.org.au

Peel: 9544 5900

Rockingham: 6595 8888

Anglicare

Rockingham: 08 9528 0702

www.anglicarewa.org.au

Services include Counselling (Children, Adolescents, Adults, Family), Separation Services, Housing, Finance.

