

A resource developed for the Black Swan State Theatre Company

Resources and services to support the Social,
Emotional and Cultural Wellbeing of yourself and others.

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connectionandwellbeing.com.au

13 YARN

13 92 76



Support for Mob, by Mob. 13 YARN provides support 24/7 to yarn with you without judgement and provides a confidential, culturally safe space to yarn about your needs, worries or concerns.

<https://www.13yarn.org.au>

1800 RESPECT

1800 737 732



24/7 phone & online counselling for people seeking help for domestic violence situations.

<https://www.facebook.com/1800RESPECT>

1800respect.org.au

ADSL (Alcohol & Drug Support Line)



ADSL is a confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

- Phone: (08) 9442 5000 (metro callers) or 1800 198 024 (country callers)
- Email: alcoholdrugsupport@mhc.wa.gov.au
- Website: Mental Health Commission (mhc.wa.gov.au/alcoholanddrugsupportline)
- Live chat: Visit Alcohol. Think Again. (alcoholthinkagain.com.au) or Drug Aware (drugaware.com.au)

Beyond Blue

1300 224 636



Providing information about, and support for, depression, anxiety and suicide prevention to a broad range of people with differing needs, wherever they live, whenever they need it. Suppliers of tip sheets, resources, telephone (24/7), online and email counselling and moderated forums.

<https://www.facebook.com/beyondblue>

beyondblue.org.au

Butterfly Foundation

1800 334 673



Support for anyone in Australia concerned about eating disorders or body image issues, whether you need support for yourself or someone you care about. All our counsellors have specialist training in eating disorders and body image.

<https://www.butterfly.org.au>

Discharged

discharged.org.au



Non-clinical peer support for people with thoughts of suicide.

<https://www.facebook.com/wearedischargedWA>

Here for you

1800 437 348



Support and resources provided by Peer practitioners who have a lived experience of alcohol and other drug use and/or mental health issues and recovery, and are trained to use their experiences to support individuals living with similar. 7am - 10pm, 7 days a week.

hereforyou@mhc.wa.gov.au

Kids Helpline

1800 551 800



Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5-25. Here for children and young people, anytime and for any reason. No issue is too big or too small.

<https://www.facebook.com/KidsHelpline>

kidshelpline.com.au

Lifeline

13 11 14



24/7 phone counselling, an online crisis support chat available each evening. Lifeline Text is available 6pm-midnight (AEDT) on 0477 13 11 14. www.lifeline.org.au/gethelp Facebook monitored Mon-Fri 9am-5pm.

<https://www.facebook.com/LifelineAustralia>

lifeline.org.au

Mates in Construction /

Mates in Mining

1300 642 111



Mates in Construction and Mates in Mining provide peer based mental health support for those working in the mining and construction industries.

<https://www.facebook.com/MATES-in-Construction-WA/> mates.com.au

Multicultural Futures



Diverse culture and language support. Forging a thriving multicultural society by helping migrants and refugees build meaningful lives. Phone 08 9336 8282 or via TIS Interpreter Service 13 14 50.

<https://www.facebook.com/multiculturalfutures>
multiculturalfutures.org.au

Open Arms

1800 011 046



Mental health and wellbeing support for current and ex-serving Australian Defence Force personnel and their families. Free and confidential counselling and support. openarms.gov.au

<https://www.facebook.com/OpenArmsVeteransAndFamiliesCounselling>

People with Disabilities WA

1800 193 331



Peer Connection, access to support information resources, visibility. Advocating for the rights and empowering the voices of people with Disability in Western Australia. PWDA is not a crisis or direct support organisation but an invaluable connection point for community. <https://www.pwdwa.org/>

QLife

1800 184 527



FREE peer teleweb counselling for LGBTIQ+ folks and their loved ones. phone 6pm-midnight, webchat 3pm-midnight, 7 days.

<https://www.facebook.com/qlifeaus>

qlife.org.au

Rural Link

1800 552 002



4.30pm to 8.30am Monday to Friday and 24 hours on Saturday, Sunday and Public Holidays. Rurallink is a specialist after hours mental health telephone service for people in rural communities of Western Australia. This service is provided by the East Metropolitan Health Service.

<https://www.mhc.wa.gov.au/getting-help/helplines/rurallink/>

Samaritans

13 52 47



24/7 anonymous crisis support. To offer non-religious, non-judgemental and confidential emotional support to the lonely, despairing, suicidal, or those at risk of becoming so.

<https://www.facebook.com/SamaritansAustralia>
thesamaritans.org.au

Sane Australia 1800 187 263 (8am-8pm)



SANE Australia is a national mental health charity offering phone counselling and moderated forums providing peer-to-peer support.

<https://www.facebook.com/saneaustalia>
sane.org

Soldiers & Sirens

1800 184 527



Mental Health and Suicide Prevention for police, fire, ambulance and military personnel. We facilitate a community of support, which includes professional services and peer support.

<https://soldiersandsirens.com.au/>
<https://www.facebook.com/SoldiersandSirens>

Suicide Call Back Service

1300 659 467



National 24/7 professional telephone & online counselling for anyone affected by suicide.

<https://www.facebook.com/suicidecallbackservice/>
<https://www.suicidecallbackservice.org.au/>

Thirrili

1800 805 801



Thirrili provide emotional and practical support to families impacted by a loss from suicide or other traumatic incidents. They will work with local Elders, community and Aboriginal and/or Torres Strait Islander organisations to ensure a community response is put in place to support bereaved individuals and families.

<https://thirrili.com.au>

WellMob

wellmob.org.au



Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.

<https://www.facebook.com/WellMobAU/>

APPS

BeyondNow



A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

iBobbly



Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>

Niggle



A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.

<https://kids helpline.com.au/niggle>

Smiling Mind



A free website and app teaching mindfulness meditation to young people and adults.

<https://www.smilingmind.com.au/>

Worry Time



Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day.

<https://au.reachout.com/tools-and-apps/reachout-worrytime>