



Referral Pathways

Should you or someone you know be seeking support, the following referral pathways may provide some benefit.

- **Centrecare (08) 9325 6644**

A Catholic not-for-profit organisation that offers extensive outreach and specialised counselling services, both in the metropolitan and regional areas of Western Australia.

- **Beyond Blue 1300 224 636**

An online and telephone service providing information to support mental health e.g. anxiety, depression and suicide.

- **Blue Knot Foundation 1300 657 380**

Provides telephone counselling, information and support for adult survivors of child abuse, family members, partners and friends.

- **Lifeline WA 13 11 14**

Provides Western Australians experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services.

- **Kids Helpline 1800 551 800**

A free, private and confidential 24/7 phone & online counselling service for persons 5 - 25 years.

- **Yarn 13 92 76**

National crisis support line with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping.

- **Mensline 1300 789 978**

A national telephone and online support, information and referral service for men with family and relationship concerns.