

## Community Helplines

Organisation	Phone	Service
		All phone hotlines operate 24 hours a day 7 days a week, unless otherwise specified
13COVID Hotline	13 26 843	A hotline has been established to answer questions West Australians have on the current COVID-19 state of emergency
National Coronavirus Helpline	1800 020 080	Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week.
Department of Health Hotline	1300 660 321	This is specifically for "Passengers in isolation who feel unwell"
Health Direct Nurse	1800 022 222	A Website is also available for health direct for more ways to get information
Family Helpline	1800 643 000	Confidential support for people who are having family and relationship problems, available 24/7
Samaritans	135 247	24/7 telephone support service
Beyond Blue	1300 224 636	24/7 Provides support and information on anxiety, depression and suicide from a trained mental health professional
Kids Helpline	1800 551 800	Telephone and internet counselling for kids and young people up to the age of 25 available 24/7
Headspace	1800 650 890	Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time 24/7
Lifeline	13 11 14	24/7 telephone crisis support
Mental Health Emergency Response Line	Metro 1300 555 788 and Peel 1800 676 822	Rapid response and advice for adults needing support for mental health crisis – individuals, family / friend eg; psychosis, suicidal thoughts, depression etc. 24/7
1800RESPECT	1800 737 732	24 hour support to people impacted by sexual assault, domestic or family violence or abuse.

Family Drug Support	1300 368 186	24 hours national phone support for families dealing with drugs and alcohol.
WA Alcohol and Drug Support Line	08 9442 5000 (Perth Metro) 1800 198 024 (Regional areas)	Confidential phone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.
Cahoots Connects	1300 103 880	Essential shopping delivery services – for people living with a disability, or those facing other exceptional challenges, or older Australians (over the age of 65).