

EMPLOYMENT SUPPORTS

Jobs and Skills Centre - (08) 9497 0990 or 13 64 64 armadalejsc@smtafe.wa.edu.au - jobsandskills.wa.gov.au Cnr Church Ave & Whitehead St, Armadale

Free and accessible support, advice and information on training, jobs and careers.

South Metro TAFE - 1800 001 001 - info@smtafe.wa.edu.au southmetrotafe.wa.edu.au/campuses/Armadale Cnr Church Ave & Whitehead St, Armadale Offers a variety of courses and apprenticeships.

Workskil - (08) 9396 1600 - workskil.com.au Shop 59/10 Orchard Ave. Armadale

Service to assist people with securing employment or education opportunities.

EMPLOYMENT SUPPORTS IF YOU RECEIVE A CENTRELINK PAYMENT OR HAVE A DISABILITY

APM Employment Services and APM Disability Employment Services 1800 276 276 - apm.net.au - Shop 18B/10 Orchard Ave, Armadale APM is a provider of Workforce Australia and the Disability Employment Services program.

Matchworks - 1300 13 23 63 - matchworks.com.au Shop 66/10 Orchard Ave, Armadale

Matchworks is a provider of Workforce Australia and the Disability Employment Services program.

atWork Australia - 1300 080 856 - atworkaustralia.com.au Unit 4/36-40 Commerce Ave, Armadale

atWork Australia is a provider of Workforce Australia and the Disability Employment Services program.

Maxima - 1300 629 462 - maxima.com.au - 7/42 Fourth Rd, Armadale Maxima is a provider of Workforce Australia and the Disability Employment Services program.



f (a) armadale.wa.gov.au (08) 9394 5000 | info@armadale.wa.gov.au



WHO TO CONTACT IF YOU NEED HELP NOW

Ambulance, Fire, Police Emergencies - 000

Police Assistance Line (non-emergency) - 131 444

Kids Help Line - 1800 551 800 - kidshelpline.com.au

Online and phone counselling and support service for 5 - 25 year olds.

Lifeline - 13 11 14 or text 0477 13 11 14 - lifeline.org.au

24/7 crisis support and suicide prevention services.

13 YARN - 13 92 76 - 13YARN.org.au

24/7 online and phone crisis counselling for Aboriginal and Torres Strait Islander people.

1800RESPECT - 1800 737 732 - 1800respect.org.au

24/7 support if you, or someone you know, is experiencing sexual assault or domestic and family violence.

Sexual Assault Resource Centre (SARC) - 1800 199 888 - (08) 6458 1828 kemh.health.wa.gov.au/other-services/sarc

Crisis support and counselling for people who have experienced a recent or past sexual assault or abuse. Offers crisis telephone or face-to-face counselling.

Alcohol and Drug Support Line - 1800 198 024 or (08) 9442 5000 admhss.mhc.wa.gov.au

24/7 confidential support for anyone concerned about their own or another person's alcohol or drug use.

Beyond Blue - 1300 22 4636 - beyondblue.org.au

24/7 phone and online mental health support and chat function.

CAMHS Crisis Connect - 1800 048 636 cahs.health.wa.gov.au/CAMHSCrisisConnect

24/7 phone and on-line video call support for children and young people (up to 17yrs) experiencing a mental health crisis, as well as support and advice to families, carers and professionals in the community.

Crisis Care - 1800 199 008

24/7 response to concerns for a child's safety and wellbeing and support for young people experiencing crisis.

MHERL (Mental Health Emergency Response Line) - 1300 555 788 mhc.wa.gov.au/getting-help/helplines/mental-health-response-line 24/7 telephone service for people in the Perth metropolitan area experiencing a mental health crisis.

Suicide Call-back Service - 1300 659 467 - suicidecallbackservice.org.au 24/7 free professional phone counselling.

StandBy – Support after Suicide - 1300 727 247 - standbysupport.com.au Focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life.

Thirilli - 1800 805 801 - thirrili.com.au

24/7 support for Focused on supporting Aboriginal and Torres Strait Islander people who has been bereaved or impacted by suicide at any stage in their life.

Right By You - rightbyyou.org.au

A mental health resource designed by young people to help other young people worried about their friends.



HELP WITH THE HARD STUFF

(HOMELESSNESS, LEGAL, FOOD, FINANCES)

Anglicare WA - (08) 9394 9200 or 1300 11 44 46 - Armadale Lotteries House, Suite 5/122 Forrest Rd, Armadale - www.anglicarewa.org.au Counselling, Disability Support, Support for FDV and sexual abuse, Financial Counselling Emergency Relief, Support for housing and homelessness.

Crossways I (08) 9495 2033 I 225 Railway Ave, Kelmscott crossways.org.au

Crossways offers counselling services, emergency food relief, utility bill assistance, and an op shop.

MercyCare - 1800 800 046 - yhreferrals@mercycare.com.au mercycare.com.au/community-services/youth-services

Provide young people with tenancy and accommodation support, homelessness support resulting from family conflict, and mental health services.

Redgum Justice (Formerly Gosnells Community Legal Centre)
(08) 9398 1455 - redgumjustice.org.au - admin@redgumjustice.org.au
Gosnells Community Lotteries House Suite 1, 2232 Albany Hwy Gosnells
Can provide advice and assistance for issues such as: family law, child support, domestic violence, compensation, financial counselling, tenancy issues.

Youth Legal Service - (08) 9202 1688

youthlegalserviceinc.com.au - Suite 3/12 St Georges Tce, Perth

Free legal advice on all criminal and traffic matters for young people aged up to 25 years.

Armadale Uniting Church Food Relief - Monday 8.45am to 11am 2 Anton St, Armadale - 0419 903 095

Provide free food such as fruit, veg & baked goods.

Entry Point - entrypointperth.com.au - 1800 124 684 or (08) 6496 0001 Free and voluntary assessment and referral service for people who are homeless, or at risk of homelessness, access accommodation and support options.

HELP WITH FAMILY AND RELATIONSHIPS

Relationships Australia - 1300 364 277 - relationshipswa.org.auProvides a range of family and relationships services including counselling, mediation, dispute resolution and education.

Family Relationships Online - 1800 050 321 - familyrelationships.gov.au Helps families affected by relationship or separation issues.

The Fathering Project - 1300 328 437 - thefatheringproject.org Provides practical support for all fathers.



LOOKING AFTER YOUR MIND AND BODY



headspace Armadale - (08) 9393 0300 - 40 Fourth Rd, Armadale headspace.org.au - 1800 650 8909

headspace offers free, confidential services for young people aged 12-25 years who need help with their mental health, physical or sexual health, employment and study.

Palmerston - (08) 9399 5344 - palmerston.org.au 210/220 Juli St, Armadale

Counselling, education and support to help young people and their families with the impact of alcohol and drug use.

Mission Australia Drug and Alcohol Youth Service (DAYS) missionaustralia.com.au/servicedirectory - (08) 9222 6300 129 Hill St, East Perth

Alcohol and Other Drug Support for young people aged between 12 and 21.

Young Carers – CarersWA – 1300 227 377 – carerswa.asn.au Young carers aged under 25 years can self-refer for support.

Freedom Centre - (08) 9482 0000 - freedom.org.au 60a Frame Ct, Leederville

Provide a broad range of support services for LGBTIQA+ young people 12–25 years.

Parkerville Children and Youth Care - (08) 9391 1900 parkerville.org.au - George Jones Advocacy Centre Shop 2, 10 Orchard Ave, Armadale

Support for children and young people who have experienced abuse or are experiencing homelessness, mental health, drug and alcohol use.

Medicare Mental Health Centres - 1800 595 212 65A Church Ave Armadale - medicarementalhealth.gov.au

Provides free and confidential mental health support for 18+. No referral, Medicare card or appointment needed.

Hope Community Services - (08) 9497 9498 - 1300 467 392 56 Fourth Rd, Armadale - hopecommunityservices.org.au

Provide free youth mentoring, health and wellbeing support, and transitional accommodation.

Reach Out - au.reachout.com

Online chat support and advice for young people.

Street Yarning - Thursdays 4.00pm - 6.00pm - Gwynne Park Skatepark Cnr of Forrest Rd and Townley St, Armadale

Mobile outreach service providing young people with a safe space to connect with counsellors and essential supports. Includes free food, drinks and games.

Pregnancy Pathways Perth - (08) 9518 2698 - 38 Marian Ave, Armadale Monday and Wednesday 9am - 3pm - pregnancypathways.com.au Care and practical support for anyone experiencing unexpected pregnancy or pregnancy loss.

The Y - (08) 9473 8400 - Unit 5/ 36-40 Commerce Ave ymcawa.org.au

Provide a range of youth services including case management and YTime – giving young people a safe space to hang out, connect with peers, and get support.

Sexual Health Helpline - (08) 9227 6178 - shq.org.au/helpline

The Sexual Health Helpline provides confidential information and referrals from clinicians around contraception, sexually transmissible infections and unintended pregnancy.

Street Doctor - (08) 9376 9200 - 360.org.au/street-doctor Tuesdays at Champion Centre - 76 Champion Dr, Seville Grove

A mobile walk-in GP clinic aiming to improve the health & wellbeing of homeless, transient & disadvantaged people. This easily accessible, nonjudgmental service is bulk billed.

Q Life - 1800 184 527 - qlife.org.au

Provides anonymous and free LGBTIQ+ peer support and referral over the phone and via webchat.

