

## SUPPORT DIRECTORY

It is important to take extra care in looking after our physical and mental wellbeing as the impacts of Coronavirus may affect us in overwhelming ways. However, we are not alone, and there are many services offering support lines to Australians who need them. We have curated a list of support lines, information resources and emergency services that you may find useful throughout these times.

### MENTAL HEALTH SUPPORT

#### RED CROSS

Telecross - providing a daily telephone call to [check on your wellbeing](#)

**1300 855 698**

[www.redcross.org.au/get-help/community-services/telecross](http://www.redcross.org.au/get-help/community-services/telecross)

#### LIFELINE'S CRISIS SUPPORT CHAT

**13 11 14**

Available 24 hours a day

#### SUICIDE CALL BACK SERVICE

**1300 659 467**

Available 24 hours a day

#### BEYOND BLUE

**1300 224 636**

Available 24 hours a day

#### HEADSPACE

**1800 650 890**

Available 24 hours a day

#### MENSLINE AUSTRALIA

**1300 789 978**

Available 24 hours a day

#### REACHOUT

[www.au.reachout.com](http://www.au.reachout.com)

#### KIDS HELPLINE

**1800 551 800**

Available 24 hours a day

#### SANE HELP CENTRE

**1800 187 263**

8am – 8pm daily

#### HELPING MINDS

**1800 811 747**

8am – 4.30pm, Monday – Friday

### DOMESTIC VIOLENCE

#### WOMEN'S DOMESTIC VIOLENCE HELPLINE

**1800 007 339**

Available 24 hours a day

#### MENS DOMESTIC VIOLENCE HELPLINE

**1800 000 599**

Available 24 hours a day

### EMERGENCY RELIEF

#### SALVATION ARMY BENTLEY

Emergency relief Wednesdays

**(08) 9458 1855**

9am – 12pm Wednesdays

#### FOODBANK WA

Emergency food

**(08) 9258 9277**

11:15am – 12pm Fridays

#### MULTICULTURAL COMMUNITITES COUNCIL OF WA

Food hampers

**(08) 6196 2818**

[info@mccwa.org.au](mailto:info@mccwa.org.au)

#### HOPE CITY CHURCH

Food vouchers and clothing

**(08) 9350 6443**

#### COMMUNICARE

Basic Necessities in emergency situations

**(08) 9251 5777**

#### HUMAN APPEAL

Food boxes

**(08) 6269 3556**

[wa@humanappeal.org.au](mailto:wa@humanappeal.org.au)

## PEOPLE WITH DISABILITIES

- **PEOPLE WITH DISABILITY AUSTRALIA**  
COVID-19 Information Hub  
[www.pwd.org.au/covid-19-hub/](http://www.pwd.org.au/covid-19-hub/)

## SENIORS

- **OLDER PERSONS ADVOCACY NETWORK (OPAN)**  
COVID-19 Info Line  
**1800 237 981**  
8am – 8pm, Monday – Friday
- **ALZHEIMER'S WA**  
COVID-19 Information  
[www.alzheimerswa.org.au/covid-19/](http://www.alzheimerswa.org.au/covid-19/)
- **COUNCIL ON THE AGEING (WA)**  
COVID-19 Information  
**(08) 9472 0104**  
[www.cotawa.org.au/covid-19-information/](http://www.cotawa.org.au/covid-19-information/)
- **MEALS ON WHEELS**  
Meal delivery service  
**1800 200 422**  
[www.myagedcare.gov.au/](http://www.myagedcare.gov.au/)

## ACCOMMODATION SUPPORT

- **ENTRYPOINT PERTH**  
Crisis Accommodation  
**1800 124 684**  
[www.entrypointperth.com.au](http://www.entrypointperth.com.au)
- **ZONTA HOUSE**  
Refuge Accommodation  
**(08) 6556 2430**  
[www.zontahouse.org.au](http://www.zontahouse.org.au)

## FINANCIAL ASSISTANCE

- **NATIONAL DEBT HELPLINE**  
**1800 007 007**  
9.30am – 4.30pm, Monday – Friday
- **THE SPIERS CENTRE**  
**(08) 9401 2699**  
9am – 4pm, Monday – Friday

## HOME DELIVERY SERVICE

- **COLES**  
COVID-19 Coles Community Box  
[www.coles.com.au/customernotice/community-box](http://www.coles.com.au/customernotice/community-box)
- **WOOLWORTHS**  
Priority Assistance  
[www.woolworths.com.au/shop/discover/priorityassistance](http://www.woolworths.com.au/shop/discover/priorityassistance)
- **WIZARD PHARMACY RIVERTON**  
Home delivery service within local areas only  
**(08) 9364 8152**  
[dispensary.riverton1@wizardphy.com.au](mailto:dispensary.riverton1@wizardphy.com.au)
- **ST JAMES NEWSTART PHARMACY**  
Home delivery service within local areas only  
**(08) 9361 6101**  
[info@sjnp.com.au](mailto:info@sjnp.com.au)
- **QUEENS PARK PHARMACY**  
Home delivery service within local areas only  
**(08) 9458 1100**
- **FERNDALE PHARMACY**  
Home delivery service within local areas only  
**(08) 9451 4046**
- **RIVERTON BRIDGE PHARMACY**  
Home delivery service within local areas only  
**(08) 9457 2195**
- **CANNINGTON 777 PHARMACY**  
Local home delivery service for seniors  
**(08) 9356 2750**
- **WILLETTON 777 PHARMACY**  
Local home delivery service for seniors  
**(08) 9457 1777**
- **LYNWOOD 777 PHARMACY**  
Local home delivery service for seniors  
**(08) 9458 3768**

- **CENTRELINK**  
**132 307** – MyGov Help Desk  
**132 850** – Emergency help - Crisis Payments  
**136 150** – Families  
**132 300** – Older Adults  
**132 850** – Job Seekers