

# Connection & Support

Resources and services to support the Social, Emotional and Cultural Wellbeing of yourself and others.  
A Connection and Wellbeing Australia (CAWA) resource.

Signal your safe and inclusive space  
with lapel pins, posters and a range of other resources at the CAWA  
resource store: <https://connection-and-wellbeing-australia-cawa.square.site/>



**1800 RESPECT** 1800 737 732 [1800respect.org.au](http://1800respect.org.au)  
24/7 phone & online counselling for people seeking help for domestic violence situations.  
<https://www.facebook.com/1800RESPECT>



**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](mailto:alcoholdrugsupport@mhc.wa.gov.au)
- Website: Mental Health Commission ([mhc.wa.gov.au/alcoholanddrugsupportline](http://mhc.wa.gov.au/alcoholanddrugsupportline))
- Live chat: Visit Alcohol. Think Again. ([alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)) or Drug Aware ([drugaware.com.au](http://drugaware.com.au))



**ARBOR (bereavement support)**  
ARBOR stands for Active Response Bereavement Outreach. ARBOR is a free service that offers short-medium term grief-counselling, practical/emotional support, appropriate referral support, volunteer lived-experience peer support and support groups to people who have been recently impacted by lost loved ones to suicide.  
[https://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-\(arbor\)](https://www.anglicarewa.org.au/get-help/mental-health/active-response-bereavement-outreach-(arbor))



**Beyond Blue** 1300 224 636 [beyondblue.org.au](http://beyondblue.org.au)  
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>



**Discharged** [discharged.org.au](http://discharged.org.au)  
Non-clinical peer support for people with thoughts of suicide.  
<https://www.facebook.com/wearedischargedWA>



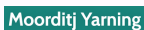
**headspace** [headspace.org.au](http://headspace.org.au)  
headspace is National Youth Mental Health Foundation for 12 to 25 year olds. Information and support is available at headspace centres & [headspace.org.au](http://headspace.org.au)  
<https://www.facebook.com/headspaceAustralia>



**Kids Helpline** 1800 551 800 [kidshelpline.com.au](http://kidshelpline.com.au)  
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>



**Lifeline** 13 11 14 [lifeline.org.au](http://lifeline.org.au)  
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](http://www.lifeline.org.au/gethelp) Facebook monitored Mon-Fri 9am-5pm.  
<https://www.facebook.com/LifelineAustralia>



**Moorditj Yarning** 1300 364 277  
First Nations Mob Peer Support. Do you feel like having some space to talk about something on your mind? This is what Moorditj Yarning offers - a place and opportunity where you feel comfortable.  
[relationships.wa.gov.au/Services/Aboriginal-Community-Support/Moorditj-Yarning](http://relationships.wa.gov.au/Services/Aboriginal-Community-Support/Moorditj-Yarning)



**Multicultural Futures** [multiculturalfutures.org.au](http://multiculturalfutures.org.au)  
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>



**Open Arms** 1800 011 046 [openarms.gov.au](http://openarms.gov.au)  
Mental health and wellbeing support for current and ex-serving Australian Defence Force personnel and their families. Free and confidential counselling and support.  
<https://www.facebook.com/OpenArmsVeteransAndFamiliesCounselling>



**QLife** 1800 184 527 [qlife.org.au](http://qlife.org.au)  
FREE peer teleweb counselling for LGBTIQ+ folks and their loved ones. phone 6pm-midnight, webchat 3pm-midnight, 7 days.  
<https://www.facebook.com/qlifeaus>



**Samaritans** 13 52 47 [thesamaritans.org.au](http://thesamaritans.org.au)  
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>



**Sane Australia** 1800 187 263 (8am-8pm) [sane.org](http://sane.org)  
SANE Australia is a national mental health charity offering phone counselling and moderated forums providing peer-to-peer support.  
<https://www.facebook.com/saneaustralia>



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



**WellMob** [wellmob.org.au](http://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://kidshelpline.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>

## Connection and Wellbeing Australia (CAWA)

Want to learn how to create safe & inclusive spaces?

Contact CAWA for:



SUICIDE PREVENTION TRAINING



MENTAL HEALTH AND WELLBEING



DIVERSITY AND INCLUSIVE PRACTICE WORKSHOPS

[connectionandwellbeing.com.au](http://connectionandwellbeing.com.au)