



**The
Blokes'**
Pocket Directory



**Men's Health
& Wellbeing**

Western Australia





THE BLOKES' POCKET DIRECTORY

is produced by

Men's Health
& Wellbeing



Western Australia

as a companion to

The Blokes' Book

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visit www.menshealthwa.org.au

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CRISIS SUPPORT

- Lifeline Australia** 13 11 14
www.lifeline.org.au
-
- Crisis Care Line** 1800 199 008
(08) 9223 1111
-
- Mensline Australia** 1300 789 978
www.mensline.org.au
-
- Beyond Blue Support** 1300 224 636
www.beyondblue.org.au
-
- Kids Helpline** 1800 551 800
www.kidshelpline.com.au
-
- The Samaritans** 13 52 47
www.thesamaritans.org.au
-
- Veterans Line** 1800 011 046
www.wcs.gov.au
-
- Mental Health Emergency Response Line** 1300 555 788
mentalhealth.wa.gov.au 1800 676 822 (country)
-
- Healthdirect Australia** 1800 022 222
www.healthdirect.gov.au
-
- Men's Domestic Violence Helpline** (08) 9223 1199
www.dcp.wa.gov.au 1800 000 599 (country)
-
- Sexual Assault Resource Centre (SARC)** (08) 9340 1828
1800 199 888 (country)
-

Victims Support Service	1800 818 988
www.victimsofcrime.wa.gov.au	
SANE Australia	1800 187 263
www.sane.org	
Centrecare - Homeless Advisory Service	1800 065 892
www.housing.wa.gov.au	
Family Helpline	(08) 9223 1100 1800 643 000 (country)
Family Relationship Advice Line	1800 050 321
www.familyrelationships.gov.au	
GriefLine	1300 845 745
www.griefline.org.au	
Abortion Grief Australia	1300 363 550
www.abortiongrief.asn.au	
Family Drug Support Australia	1300 368 186
www.fds.org.au	
Gambling Help Online	1800 858 858
www.gamblinghelponline.org.au	
Legal Aid WA InfoLine	1300 650 579
www.legalaid.wa.gov.au	
Telephone Interpreter Service	13 14 15 1800 131 450
www.tisnational.gov.au	

SUICIDE

Emergency, police & ambulance 000

Lifeline Australia 13 11 14

www.lifeline.org.au

Crisis Care Line (08) 9223 1111

1800 199 008 (country)

Suicide Call Back Service 1300 659 467

www.suicidecallbackservice.org.au

Kids Helpline 1800 551 800

www.kidshelpline.com.au

The Salvation Army - National Hope Line 1300 467 354

suicideprevention.salvos.org.au

One Life WA (08) 6272 1200

www.onelifewa.com.au

MATES in Construction 1300 642 111

www.matesinconstruction.org.au

ACCOMMODATION SERVICES

EMERGENCY ACCOMMODATION SERVICES

Centrecare - Homeless Advisory Service 1800 065 892

www.housing.wa.gov.au

Entrypoint Perth (08) 6496 0001
www.entrypointperth.com.au 1800 124 684 (country)

Shelter WA (08) 9325 6660
www.shelterwa.org.au

Salvation Army (08) 9260 9500
www.salvationarmy.org.au

Anglicare - Youth Crisis Accommodation Service
www.anglicarewa.org.au Armadale (08) 9263 2140
 Spearwood (08) 9263 2171

St Patrick's Community Support Centre (08) 9430 4159
www.stpats.com.au

Ebenezer Home (08) 9247 1330
www.ebenezerhome.org.au

Vincentcare (08) 9374 3200
www.vinnies.org.au

ABORIGINAL HOUSING

Ruah Housing & Homelessness (08) 9485 3939
www.ruah.com.au

MENTAL HEALTH

Mental Health Emergency Response 1300 555 788
www.mentalhealth.wa.gov.au Peel 1800 676 822

- Beyond Blue** 1300 224 636
www.beyondblue.org.au
-
- SANE Australia** 1800 187 263
www.sane.org
-
- Mensline Australia** 1300 789 978
www.mensline.org.au
-
- MATES in Construction** 1300 642 111
www.matesinconstruction.org.au
-
- Man Therapy** 1300 222 638
www.mantherapy.org.au
-
- The Regional Men's Health Initiative** (08) 9690 2253
www.regionalmenshealth.org.au
-
- Anglicare - Mens Time** East Perth (08) 9263 2143
www.anglicare.org.au Joondalup (08) 9301 8500
-
- WA Mental Health Commission** (08) 6553 0600
www.mentalhealth.wa.gov.au
-
- Western Australia Association for Mental Health**
www.waamh.org.au (08) 6246 3000
-
- Mental Illness Fellowship WA** (08) 9237 8951
www.mifwa.org.au
-
- Helping Minds** 1800 811 747
www.helpingminds.org.au
-
- The Samaritans** 13 52 47
www.thesamaritans.org.au
-

Mensline Australia	1300 789 978
www.mensline.org.au	
Veterans Line	1800 011 046
OzHelp Pilbara (WA)	1300 694 357
www.ozhelp.org.au	
Act Belong Commit	(08) 9266 3788
www.actbelongcommit.org.au	
Alzheimer's Australia WA	1800 100 500
wa.fightdementia.org.au	
Relationships WA - 4families	(08) 6164 0600
www.relationshipswa.org.au	

PHYSICAL HEALTH

GENERAL

Healthdirect Australia	1800 022 222
www.healthdirect.gov.au	

Community Health Centres and Services

www.health.wa.gov.au

CHRONIC DISEASE

PREVENTION & MANAGEMENT

The Heart Foundation	1300 362 787
www.heartfoundation.org.au	

Australia absolute cardiovascular disease risk calculator

www.cvdcheck.org.au

Stroke Foundation

1800 787 653

strokefoundation.com.au

Diabetes WA

1300 136 588

www.diabeteswa.com.au

Cancer Council WA

13 11 20

www.cancerwa.asn.au

Cancer Support WA

(08) 9384 3544

www.cancersupportwa.org.au

Prostate Cancer Foundation of Australia **1800 220 099**

www.prostate.org.au

Bowel Cancer Australia

1800 555 494

www.bowelcanceraustralia.org

Western Australian AIDS Council **(08) 9482 0000**

www.waaid.com

Leukaemia Foundation

1800 620 420

www.leukaemia.org.au

Hepatitis Council of WA

(08) 9328 8538

www.hepatitiswa.com.au

1800 800 070 (country)

Arthritis & Osteoporosis Foundation WA **(08) 9388 2199**

www.arthritiswa.org.au

1800 011 041 (country)

Asthma Australia

1800 278 462

www.asthmaaustralia.org.au

Continence Advisory Service (08) 9386 9777
www.continencewa.org.au 1800 814 925 (country)

Men's Resource Centre - Well Man Wellness Check
 (08) 9841 4777

SEXUAL HEALTH

Sexual & Reproductive Health (08) 9227 6178
www.srhwa.com.au 1800 198 205

M Clinic (08) 9227 0734
www.mclinic.org.au

HABITS AND ADDICTIONS

Salvation Army Bridge Program
www.salvos.org.au/need-help/addiction-services/about-the-bridge-program/

Holyoake Institute of Addiction (08) 9416 4444
www.holyoake.org.au

Shalom House 0448 264 061
shalomhouse.com.au

ALCOHOL & DRUGS

Alcohol and Drug Information Service (08) 9442 5000
www.dao.health.wa.gov.au 1800 198 024 (country)

Aboriginal Alcohol and Drug Service (08) 9221 1411
www.aads.org.au

Alcoholics Anonymous Perth (08) 9325 3566
www.aaperthwa.org 1300 222 222 (country)

Working Away Alcohol and Drug Support Line
www.dao.health.wa.gov.au 1800 721 997

SMOKING

Quitline 13 78 48 (13 QUIT)
www.quitnow.gov.au

GAMBLING

Gambling Help Online 1800 858 858
gamblinghelponline.org.au

LEGAL HELP

Community Legal Centres (CLCs) (08) 9221 9322
www.communitylaw.net

Legal Aid WA InfoLine 1300 650 579
www.legalaid.wa.gov.au

Aboriginal Legal Service of WA 1800 019 900
www.als.org.au

FINANCIAL ASSISTANCE

FINANCIAL COUNSELLING

Financial Counsellors' Association of WA 1800 007 007
www.financialcounsellors.org

Anglicare WA Financial Counselling Contact via websitewww.anglicarewa.org.au

EMERGENCY RELIEF**Anglicare - Making Ends Meet Program** (08) 9581 0509www.anglicarewa.org.au

Salvation Army (08) 9260 9500www.salvationarmy.org.au

St. Vincent De Paul Society 1300 794 054www.vinnies.org.au

RELATIONSHIPS**Relationships Australia WA** 1300 364 277www.relationshipswa.org.au

Mensplace (08) 6164 0290www.mensplace.net.au

Family Helpline (08) 9223 11001800 643 000 (country)

Anglicare - Relationship Counselling 1800 812 511www.anglicarewa.org.au

FATHERING**Meerilinga - Dads in the Early Years** (08) 9489 4022www.meerilinga.org.au

The Fathering Project (08) 6488 3182

www.thefatheringproject.org

Ngala - DadsWA (08) 9368 9368

www.ngala.com.au 1800 111 546 (country)

Relationships Australia - 4Dads (08) 6164 0600

Parenting WA Line (08) 6279 1200

www.communities.wa.gov.au 1800 654 432 (country)

Dads in Distress 1300 853 437

www.dadsindistress.asn.au

ABORIGINAL & TORRES STRAIT ISLANDER

Relationships Australia - Moorditj Yarning 1300 364 277

relationships.wa.org.au

Centrecare - Djooraminda Reunification Service

www.centrecare.com.au (08) 9451 1100

Centrecare - Family Enhancement Service (FES)

www.centrecare.com.au (08) 9451 1100

HEALTH SERVICES

Australian Aboriginal HealthInfoNet (08) 9370 6336

healthinfonet.ecu.edu.au

Yogrum Aboriginal Corporation (08) 9218 9477

www.yogrum.org.au

Department of Health - Aboriginal Health Division

www.aboriginal.health.wa.gov.au (08) 9222 2478

Ruah Community Services (08) 9485 3939

www.ruah.com.au

The Aboriginal Health Council of Western Australia

www.ahcwa.org.au (08) 9227 1631

Centrecare (08) 9325 6644

centrecare.com.au

Aboriginal Legal Service of WA (08) 9265 6666

www.als.org.au 1800 019 900 (country)
(08) 9265 6644 (after hours)

Derbarl Yerrigan Health Services Inc. (08) 9421 3888

www.derbalyerrigan.com.au

EDUCATIONAL SERVICES

Centrelink - Abstudy 1800 132 317

humanservices.gov.au

Murdoch University - Kulbardi Aboriginal Centre

www.murdoch.edu.au/Kulbardi/ (08) 9360 2128

University of Notre Dame - Nulungu Research Institute

www.nd.edu.au/research/nulungu (08) 9192 0670

CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITY

Centrecare - Migration Advice Service (08) 9451 1100

www.centrecare.com.au

Multicultural Service Centre of WA (08) 9328 2699

mscwa.com.au

Office of Multicultural Interests (OMI) (08) 6551 8700

www.omi.wa.gov.au

Australian Asian Association of WA INC (08) 9328 1160

www.aaawa.org.au

Metropolitan Migrant Resource Centre (08) 9345 5755

www.mmrcwa.org.au

Telephone Interpreter Service 13 14 15

www.tisnational.gov.au

1800 131 450

Fremantle Multicultural Centre (08) 9336 8282

www.fmcwa.com.au

Association for Services to Torture & Trauma Survivors

www.asetts.org.au

(08) 9227 2700

Centre for Culture, Ethnicity and Health (03) 9418 9929

ceh.org.au/multicultural-health-support-service/

BEING A PART OF THE COMMUNITY

Australia Men's Shed Association - WA Men's Sheds
www.mensshed.org / www.wamsa.org.au **1300 550 009**

WA Community Resource Network (WACRN)
www.crc.net.au **(08) 6552 1800**

LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER (LGBTIQ) COMMUNITY

Living Proud **1800 184 527**
www.livingproud.org.au

Pride WA **(08) 9427 0836**
www.pridewa.com.au

WA AIDS Council - AIDSLine **(08) 9482 0044**

WA AIDS Council - Project X Mensline **(08) 9322 8401**
www.projectx.net.au **1800 671 130**

WA AIDS Council - Safe Sex. No Regrets.
www.safesexnoregrets.com.au **(08) 9482 0000**

WA AIDS Council - Sex In Other Cities
www.sexinothercities.com.au **(08) 9482 0000**

Freedom Centre

(08) 9228 0354

www.freedom.org.au

Parents and Friends of Lesbian and Gays (PFLAG)

www.pflagaustralia.org.au

0404 594 699

GLBTI Retirement Association Inc. (GRAI)

www.grai.org.au

(08) 9272 1051

Primetimers WA

www.primetimerswa.com

0416 282 648

YOUTH

Kids Helpline

kidshelpline.com.au

1800 551 800

Youth Focus

youthfocus.com.au

(08) 6266 4333

Headspace, National Youth Mental Health Foundation

www.headspace.org.au **(08) 9208 9555 / 1800 650 890**

Youth Beyond Blue

www.youthbeyondblue.com

1300 224 636

Multicultural Youth Advocacy Network - Shout Out

www.myan.org.au/wa/

(08) 9227 5440

ReachOut

au.reachout.com

Contact via website

Youth Legal Services

youthlegalserviceinc.com.au

(08) 92020 1688

1800 199 006

Freedom Centre**(08) 9228 0354**www.freedom.org.au
.....**OLDER & WISER****Aged & Community Services****(08) 9244 8233**www.acswa.org.au
.....**My Aged Care****1800 200 422**www.myagedcare.gov.au
.....**Veterans and Veterans Families Counselling Service****1800 011 046**www.wcs.gov.au
.....**Carers WA****1300 227 377 (1300 CARERS)**www.carerswa.asn.au
.....**Home and Community Care Program** **1300 785 415**www.health.wa.gov.au
.....**DOMESTIC VIOLENCE, SEXUAL
ASSAULT AND SEXUAL ABUSE****Men's Domestic Violence Helpline** **(08) 9223 1199**www.dcp.wa.gov.au**1800 000 599 (country)**
.....**Crisis Care Helpline****1800 199 008**www.dcp.wa.gov.au**(08) 9223 1111**
.....**National Sexual Assault** **1800 737 732 (1800 RESPECT)**www.1800respect.org.au
.....

Mensline Australia

1300 789 978

www.mensline.org.au

VIOLENCE AGAINST ME

Sexual Assault Resource Centre

(08) 9340 1828

www.health.wa.gov.au

1800 199 888 (country)

STOPPING MY VIOLENCE

Centrecare - Men's Domestic Violence Helpline

www.centrecare.com.au

(08) 9223 1199

1800 000 599 (country)

Relationships WA - Family Abuse Integrated Response

www.relationshipswa.org.au

(08) 6164 0270

Communicare - Breathing Space

(08) 9439 5707

www.communicare.org.au

SELF HELP & SUPPORT GROUPS

ConnectGroups

(08) 9364 6909

www.connectgroups.org.au

The ManKind Project

1300 948 947

mkpau.org

The MensWork Project

(08) 9337 8434

mensworkproject.org

Men's Resource Centre

(08) 9841 4777

mensresourcecentre.org.au

WA Men's Gathering**0403 011 300**www.wamensgathering.org.au

PEOPLE WITH DISABILITIES**People with Disabilities WA****(08) 9485 8900**www.pwdwa.org**1800 193 331 (country)**

National Relay Service**TTY/voice calls 133 677**relayservice.gov.au**Speak & Listen 1300 555 727****SMS relay 0423 677 767**

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(08) 9218 8044

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