

Men's Health  
& Wellbeing  
Western Australia



# The Blokes' Pocket Directory

## **Acknowledgement of Traditional Ownership**

Men's Health and Wellbeing WA acknowledges the Traditional Custodians of Country throughout Western Australia and recognise their continuing and cultural connection to land, waters and community. We pay our respect to them, their cultures, and to Elders both past and present.

The Blokes' Pocket Directory is a compact list of services for men and their families available in Western Australia. To view a comprehensive list of services and resources, check out The Blokes' Book at [www.menshealthwa.org.au](http://www.menshealthwa.org.au)

*Every effort has been made to provide accurate information in this publication - some details may have changed.*

**Men's Health  
& Wellbeing**



Western Australia

[www.menshealthwa.org.au](http://www.menshealthwa.org.au)

PO Box 551,

Wembley WA 6913

0499 076 925

[admin@menshealthwa.org.au](mailto:admin@menshealthwa.org.au)

## Crisis Support Lines

If you or someone you know, is at immediate risk of harm, call 000

Lifeline Australia **13 11 14**

Mensline Australia **1300 789 978**

13YARN **13 92 76**

QLife (LGBTI+) **1800 184 527**

Beyond Blue **1300 224 636**

Open Arms (Veterans) **1800 011 046**

Kids Helpline **1800 551 800**

Suicide Call Back Service **1300 659 467**

MATES in Construction **1300 642 111**

The Samaritans **08 63 839 850**

## **Mental Health Support**

Mensline Australia **1300 789 978**

MenTime **1300 114 446**

Hope Community Services **1300 467 392**

TIACS **0488 846 988**

Mental Health Emergency Response Line

Perth Metro **1300 555 788**

Peel Region **1800 676 822**

Rurallink **1800 552 002**

Vinnies WA **1300 794 054**

SANE Australia **1800 187 263**

GriefLine **1300 845 745**

Open Arms **1800 011 046**

## **Habits & Addiction**

Quitline **13 78 48**

Here For You **1800 437 348**

Gambling Help Online **1800 858 858**

Next Step Drug and Alcohol Services  
**08 92 191 919**

National Alcohol & Other Drug Hotline  
**1800 250 015**

## **Family & Domestic Violence**

Men's Domestic Violence Helpline  
**1800 000 599**

1800RESPECT **1800 737 732**

DV Connect Crisis Support Centre  
Mensline **1800 600 636**

Compass Elder Help **1800 353 374**

Sexual Assault Resource Centre SARC  
**1800 199 888**

## **Emergency Relief & Housing Support**

Entrypoint **1800 124 684**  
**[www.entrypointperth.com.au](http://www.entrypointperth.com.au)**

Doorways Emergency Relief  
**08 62 103 288**

Uniting WA **08 92 201 255**

AnglicareWA **1300 114 446**

Vinnies WA **1300 794 054**

Foodbank **08 92 589 277**

## **Legal Supports**

Men's Legal Service **1800 463 675**

Law Access **[www.lawaccess.org.au](http://www.lawaccess.org.au)**

Father's Rights **1300 327 284**

Legal Aid WA InfoLine **1300 650 579**

Legal Yarn **1800 319 803**

Community Legal Centres  
**[www.communitylegalwa.org.au](http://www.communitylegalwa.org.au)**

## **Fathering & Relationships**

Dads in Distress **1300 853 437**

Family Helpline **1800 643 000**

Relationships Australia WA **1300 364 277**

Family Relationship Advice Line  
**1800 050 321**

ForWhen **1300 242 322**

## **Financial Assistance & Counselling**

National Debt Hotline **1800 007 007**

Consumer Credit Legal Service CCLS  
**08 92 217 066**

WA Rent Relief Scheme **1800 979 777**  
**[www.warentrelief.org.au](http://www.warentrelief.org.au)**

Money Mentors Financial Counselling  
**08 95 811 281**

**[www.moneymentors.org.au](http://www.moneymentors.org.au)**

## **Aboriginal & Torres Strait Islander**

13YARN **13 92 76**

Brother to Brother **1800 435 799**

Thirrili After Suicide Support  
**1800 805 801**

The Aboriginal Health Council of Western  
Australia (AHCWA)  
**[www.ahcwa.org.au](http://www.ahcwa.org.au)**

## **Culturally & Linguistically Diverse(CALD)**

Telephone Interpreter Service **13 14 15**

Multicultural Services Centre  
**08 93 282 699**

Multicultural Futures **08 93 368 282**  
**[www.multiculturalfutures.org.au](http://www.multiculturalfutures.org.au)**

Association for Services to Torture and  
Trauma Survivors (ASeTTS)  
**08 92 272 700**

## **LGBTQIA+**

QLife (LGBTI+) **1800 184 527**  
**www.Qlife.org.au**

Transfolk of WA **www.transfolkofwa.org**

Doc Directory **www.docdir.com.au**

Living Proud **0481 085 215**  
**www.livingproud.org.au**

Freedom **08 94 820 000**  
**www.freedom.org.au**

## **Youth**

Youth Services Directory  
**www.wayouthservicesdirectory.org.au**

headspace **1800 650 890**

The Y **08 94 738 401**

Youth Futures **08 93 002 677**

Youth Focus **08 62 664 333**

Kids Helpline **1800 551 800**

## Older & Wiser

Seniors Information Resource

[www.wa.gov.au/organisation/department-of-communities/seniors-information-resource](http://www.wa.gov.au/organisation/department-of-communities/seniors-information-resource)

Elder Rights WA **1300 650 579**  
[www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au)

Compass Elder Help **1800 353 374**  
[www.compass.info](http://www.compass.info)

Advocare [www.advocare.org.au](http://www.advocare.org.au)

## People with Disabilities

People with Disabilities WA (PWdWA)  
**1300 193 331**  
[www.pwdwa.org](http://www.pwdwa.org)

Disability Gateway **1800 643 787**  
[www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)

National Ethnic Disability Alliance  
[www.neda.org.au](http://www.neda.org.au)

CarersWA **1300 227 377**

## Physical & Sexual Health

Healthdirect Australia      **1800 022 222**  
**[www.healthdirect.gov.au](http://www.healthdirect.gov.au)**

Healthy Male      **[www.healthymale.org.au](http://www.healthymale.org.au)**

HealthyWA      **[www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)**

Healthy Sexual  
**[www.healthysexual.com.au](http://www.healthysexual.com.au)**

Know Your Man Facts  
**[www.knowyourmanfacts.com](http://www.knowyourmanfacts.com)**

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GOVERNMENT OF  
WESTERN AUSTRALIA

Mental Health  
Commission



