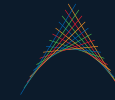
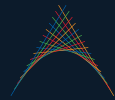


Please consult your General Practitioner (GP) for further information and to ask for referrals if required.

**If life is in danger or a person is highly distressed, feeling unsafe and you think they are a risk to themselves, dial 000 for immediate assistance.**



Australian  
Centre to Counter  
**Child** Exploitation



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[www.accce.gov.au](http://www.accce.gov.au)

Please note, neither the Australian Federal Police nor the Australian Centre to Counter Child Exploitation recommends or endorses any of the listed services. This information is provided should you feel you require assistance or support.

## Support for Families

Should you feel that you and your family require support during this time, the following services can provide you with practical, non-judgmental information, advice, confidential peer support and counselling.



The Salvation Army assists families experiencing a sudden crisis in need of financial assistance (food, travel, water, phone, rates, clothing, etc).

- ☎ 1300 371 288 (9am-5pm, M-F)
- 🔍 [salvationarmy.org.au](http://salvationarmy.org.au)



Lifeline provides a telephone and online service for anyone who is experiencing a personal crisis, contemplating suicide or caring for someone in crisis.

- ☎ 13 11 14 (Operates 24/7)
- 🔍 [lifeline.org.au](http://lifeline.org.au)

## 1800RESPECT

Dial for sexual assault, domestic and family violence counselling, information and referrals.

- ☎ 1800 737 732 (Operates 24/7)
- 🔍 [1800respect.org.au](http://1800respect.org.au)



Beyond Blue provides a confidential phone or online service offering support and counselling by trained mental health professionals.

- ☎ 1300 22 4636 (Operates 24/7)
- 🔍 [beyondblue.org.au/getsupport](http://beyondblue.org.au/getsupport)



Blue Knot Helpline and Redress Support Service provides specialist trauma counselling, support, information and referrals to adults who have experienced childhood trauma.

- ☎ 1300 657 380 (9am-5pm M-S)
- 🔍 [blueknot.org.au/helpline](http://blueknot.org.au/helpline)

### The Samaritans

Is a WA based not for profit organisation providing an anonymous telephone service offering help and support.

- ☎ Helpline: 135 247
- ☎ Youthline: 1800 198 313
- 🔍 [thesamaritans.org.au/get-help-support/](http://thesamaritans.org.au/get-help-support/)

### Department of Communities Child Protection and Family Support

Supports families and individuals who are at risk or in crisis and provides a range of child safety and family support services including counselling and outreach programs and crisis accommodation.

- ☎ 08 9222 2555 or 1800 622 258
- 🔍 [communities.wa.gov.au/services/child-protection-and-family-support/](http://communities.wa.gov.au/services/child-protection-and-family-support/)

### Crisis Care Helpline

Is a telephone information and counselling service for people in crisis and needing urgent help afterhours.

- ☎ 1800 199 008 or 08 9223 1111  
(Operates after hours, M-S)

### Victim Support Service

Provides free, confidential counselling and support services for all victims of crime.

- ☎ 1800 818 988
- 🔍 [victimsofcrime.wa.gov.au/V/victim\\_support\\_services.aspx](http://victimsofcrime.wa.gov.au/V/victim_support_services.aspx)

### Ngala Parenting Line WA

Is available for all parenting queries.

- ☎ 1800 111 546 (Operates 8am-8pm, M-S)
- 🔍 [ngala.com.au/about-us/](http://ngala.com.au/about-us/)



Learn more

If you are concerned about your child's mental health or behaviour, speak to your GP. Your GP can provide you with an appropriate counselling referral or further information on any of the above services and more.



Kids Helpline offers a free, confidential telephone and online counselling service for young people aged 5-25 years.

- ☎ 1800 55 1800 (Operates 24/7)
- 🔍 [kidshelpline.com.au](http://kidshelpline.com.au)



Bravehearts offers a free telephone service providing information, counselling and support to those affected by child sexual abuse.

- ☎ 1800 272 831 (8.30am-4.30pm M-F)
- 🔍 [bravehearts.org.au](http://bravehearts.org.au)



Australian Childhood Foundation provides support to children and families affected by abuse, family violence and neglect and offers counselling, therapeutic care, research activities and parenting education.

- ☎ 1300 381 581
- 🔍 [childhood.org.au](http://childhood.org.au)



headspace provides free, confidential telephone or online mental health support to 12-25 year olds or their families. Visit the website to find a headspace centre in your state.

- ☎ 1800 650 890
- 🔍 [headspace.org.au](http://headspace.org.au)



Reachout is an online service that provides information, support and resources about mental health issues for young people and their parents.

- 🔍 [au.reachout.com](http://au.reachout.com)