



Hardship and Support Services





Hardship and Support Services

This brochure provides information on local resources including food relief, housing support, and emotional wellbeing. Our goal is to ensure you have the support you need when you need it most.

Emergency (life threatening)

Police/Fire/Ambulance [000](#)

Emergency Relay Calls

(TTY users for hearing/speech impaired) [106](#)

Emergency (non life threatening)

WA Police [131 444](#)

St John Patient Transfer Service

[\(08\) 9334 1234](#)

City of Stirling Community Patrol

(Report suspicious or antisocial behaviour 24/7)

[1300 365 356](#)



Telstra payphones provide free national and mobile calls and some Wi-Fi Hotspots.

Safety

Crisis Care [1800 199 008](tel:1800199008)

After-hours response line for child safety and wellbeing concerns, domestic violence, and homelessness.

1800 RESPECT [1800 737 732](tel:1800737732)

24/7 domestic, family and sexual violence counselling, information and support service.

Men's Domestic Violence Helpline

[1800 000 599](tel:1800000599)

Support for men who are concerned about their violent and abusive behaviours, and for male victims of family and domestic violence.

Women's Domestic Violence Helpline

[1800 007 339](tel:1800007339)

Support for women and children, who are experiencing family and domestic violence (including referrals to women's refuges).

Naala Djookan Healing Centre
Mirrabooka [\(08\) 9205 7555](tel:(08)92057555)

Support for women affected by family
and domestic violence.



Food

Emergency Relief and Food Access Service (ERFAS) [1800 979 777](tel:1800979777)

Assessment and referrals to food relief and financial support services.

Foodbank Salvation Army – Balga [\(08\) 9257 9277](tel:0892579277)

Food and Groceries.

Emergency Relief and Food Access Service referral required.

Generations City Care – Mirrabooka [\(08\) 9440 6446](tel:0894406446)

Food hampers by appointment.

Margaret Court Community Outreach – Osborne Park

[\(08\) 6319 2727](tel:0863192727)

Emergency food hampers for families and singles.

Uniting Aid – Nollamara

(08) 9344 3840

Food and financial counselling available.

Drop in Tuesdays and Fridays,
9.00am – 11.45am at
9 Monterey Street, Nollamara.



Housing

Entrypoint Perth [1800 124 684](tel:1800124684)

Assessment and referral service assisting people who are homeless or at risk of homelessness.

Find My Way

www.findmyway.org.au

Accommodation and support services for homelessness in WA.

Uniting WA Outreach Support

[1300 663 298](tel:1300663298)

Support for individuals experiencing homelessness, providing access to outreach, crisis support and supported accommodation.

WA Rent Relief Program [1800 979 777](tel:1800979777)

One-off payment to eligible private renters for rent arrears and future rent.

**Big Sky Laundry – operating at
The Salvation Army Balga Corps**

(08) 6210 3288

10 Lavant Way, Balga
Tuesdays 8.15am – 10.45am

Financial and legal support

National Debt Helpline 1800 007 007

Free and confidential financial
information and advice.

**Encompass Legal and Community
Services – Mirrabooka**

(08) 9440 1663

Legal and non-legal support services.

Financial Wellbeing Collective

www.thefwc.org.au

Financial counselling and coaching.

Health Services

Health Direct [1800 022 222](tel:1800022222)

24/7 health advice from registered nurses.

Alcohol and Drug Support Line

[\(08\) 9442 5000](tel:0894425000)

Live chat: admhss.mhc.wa.gov.au

Helpline available 24/7.

Black Swan Street Doctor

[\(08\) 9432 0480](tel:0894320480)

Free, immediate health care and referral services for Medicare card holders.

Drop in on Wednesdays, 9.30am – 12.30pm at Wandjoo Gardens
Kalyakool Lane/Milldale Way, Mirrabooka

Luma [\(08\) 6330 5400](tel:0863305400)

Free and low-cost healthcare for women and families.

**Ishar Women's Multicultural Health
Centre – Mirrabooka [\(08\) 9345 5335](tel:(08)93455335)**

Holistic health services to women of all cultural backgrounds.

**Derbal Yerrigan Health Service –
Mirrabooka [1800 311 888](tel:1800311888)**

Culturally secure primary health, mental health and dental for Aboriginal families.

**Wungening Aboriginal Corporation –
Mirrabooka [\(08\) 6558 1041](tel:(08)65581041)**

Free, culturally safe, holistic services for Aboriginal people.

**Nollamara Medical Centre
[\(08\) 6444 7890](tel:(08)64447890)**

Urgent Care Clinic, bulk billed with Medicare card at 82 Hillsborough Drive, Nollamara

Mental Health Services

Black Swan Health – Osborne Park

[1300 820 398](tel:1300820398)

Friendly, professional and evidence-based psychology and assessment services.

Headspace – Osborne Park

[\(08\) 9208 9555](tel:0892089555)

Free health and wellbeing services for 12 to 25 year olds.

Kids First Australia – Balga

[\(08\) 9342 9669](tel:0893429669)

Youth support services ranging from drop in support to emergency relief and case management.

Kids Helpline [1800 551 800](tel:1800551800)

24/7 free private and confidential phone and online counselling service for young people.



Lifeline [13 11 14](tel:131114)

Live chat: wa.lifeline.org.au

24/7 crisis support and suicide prevention.

**Mental Health Emergency
Response Line** [1300 555 788](tel:1300555788)

24/7 Assessment and support for people experiencing a mental health crisis.

Mirrabooka Mental Health Centre
[1800 595 212](tel:1800595212)

Free access to mental health information, services and support. Walk-ins welcome at 5/3 Doncaster Rd, Mirrabooka.

Stirling Support Community Program (Vision Counselling) – Scarborough

1300 184 746

Free, short-term counselling to individuals who may otherwise not have access. Up to 6 free sessions for low-income earners and pensioners.

Mirrabooka Community Mental Health

(08) 9344 5400

Adult mental health assessment and treatment.

Suicide Call Back Service

1300 659 467

24/7 free professional phone and online counselling for people living in Australia.

Q life

1800 184 527

Live chat: qlife.org.au

Free and anonymous LGBTIQ+ peer support and referral for people in Australia.

Stirling Libraries

Stirling Libraries – Dianella

[\(08\) 9205 7740](tel:0892057740)

Waverley Street,
Dianella

Stirling Libraries – Inglewood

[\(08\) 9205 7700](tel:0892057700)

895 Beaufort Street,
Inglewood

Stirling Libraries – Karrinyup

[\(08\) 9205 7400](tel:0892057400)

Davenport Street,
Karrinyup

Stirling Libraries – Mirrabooka

[\(08\) 9205 7300](tel:0892057300)

21 Sudbury Road,
Mirrabooka

Stirling Libraries – Osborne

[\(08\) 9205 7900](tel:0892057900)

9 Royal Street,
Tuart Hill

Stirling Libraries – Scarborough

[\(08\) 9205 7420](tel:0892057420)

173 Gildercliffe Street,
Scarborough



**City of Stirling
libraries provide free
public Wi-Fi and
computer access.**

Administration Centre

25 Cedric Street Stirling WA 6021

Telephone [\(08\) 9205 8555](tel:(08)92058555)

Enquiries

www.stirling.wa.gov.au/enquiries

Web www.stirling.wa.gov.au

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Service details may change, so we recommend checking websites or calling ahead before you visit to ensure the most up-to-date information.



View a full list of support services online:

www.stirling.wa.gov.au/community-support/homelessness-and-crisis-support