Emergency Contacts

**Kids Helpline**: 1800 551 800 and <https://kidshelpline.com.au/organisation/about-us/>

* Free, 24/7 phone and online counselling service, ages 5 - 25.

**Child and Adolescent Mental Health Service (CAMHS):** 1800 048 636

* Free, 24/7 phone helpline service for young people up to the age of 17 years

**Lifeline:** 13 11 14 and <https://www.lifelinewa.org.au/>

* Free, 24/7 phone service, lifeline is for all Australians.
* <https://www.lifeline.org.au/get-help/online-services/crisis-chat> online chat available from 7pm – 4:00am AEST (Sydney time zone)

**Crisis Care:** 1800 199 008 or 9223 1111

* 24/7 phone helpline service
* Prioritises’ child protection, family and domestic violence, suicidal ideation and homelessness.

**Suicide Callback Service**: 1300 659 467 <https://www.suicidecallbackservice.org.au/>

* Free, 24/7, for all Australians
* Phone, online and video chat options

**Mental Health Emergency Response Line (MHERL):**1300 555 788 or 1800 676 822 (PEEL)

* 24/7 phone service for all Australians
* Free call (PEEL region) 1800 676 822

**Police / Ambulance / Fire:** 000

* Free, 24/7, service for everyone

**Local Police:** 131 444