



# Western Australia’s Seafood Industry support services

The Department of Primary Industries and Regional Development (DPIRD) provides this information to help people in the seafood industry of Western Australia find the support and assistance they need to deal with stressful situations.

## Seafood Industry Mental Health & Wellbeing

<https://www.stayafloat.com.au/>

### Community Mental Health Services:

- Midwest: 1800 051 999
- Southwest: 9722 1300

### 24-hour crisis counselling support

| Crisis support services   | Phone                  |
|---|------------------------|
| <p><b><u>Crisis Care</u></b><br/>Crisis Care is a telephone information and counselling service for people in crisis needing urgent help.</p>   | Free call 1800 199 008 |
| <p><b><u>Lifeline</u></b><br/>Provides access to crisis support, suicide prevention &amp; mental health support services. 24/7 support.</p>   | 13 11 14               |
| <p><b><u>Beyond Blue</u></b><br/>Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. 24/7 support.</p> | 1300 224 636           |
| <p><b><u>MensLine Australia</u></b><br/>MensLine Australia is a telephone and online counselling service for men with emotional health and relationship concerns.</p>   | 1300 789 978           |
| <p><b><u>Samaritans Crisis</u></b><br/>24/7 anonymous crisis support by phone.</p>  | 13 52 47               |
| <p><b><u>Suicide Callback Service</u></b></p>   | 1300 659 467           |

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| Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.  |  |
| <b><u>Mental Health Emergency Response Line</u></b><br>For anyone involved in a mental health emergency in the community – including individuals, families/carers, member of the general public or health professionals. Covers the Perth metropolitan and Peel areas. | 1300 555 788 (Metro);<br>1800 676 822 (Peel); or<br>1800 552 002<br>(Country/Rural Link)     |
| <b><u>Health Direct</u></b><br>24 hour health advice. Free health advice you can count on, talk to a registered nurse  | Free call 1800 022 222   |
| <b><u>Rural West</u></b><br>Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA, who are navigating their way through difficult and turbulent times.  | Free call 1800 612 004<br><a href="mailto:admin@ruralwest.com.au">admin@ruralwest.com.au</a> |

Note: Some numbers will have options to select from when first dialed. Delays may be experienced at times, when waiting for your call to be answered. There may be times where you're redirected to message bank if the line is in use, the operator will return your call as soon as possible. Remember to leave your name and contact number.

## For life threatening emergencies: 000

### Important Disclaimer

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