

**As** we enter into the warm, summer months and the long Christmas Holidays, times may become tough for some of us. I have listed a few numbers where you can receive help.

#### Emergency Relief

Salvation Army 1 Wilmott Drive COOLOONGUP By Apt only Tuesday and Friday 9.30 – 12.00 T: 9527 3460	St Nicholas' Anglican Church Council Ave ROCKINGHAM Monday and Friday 9.00 – 11.30 T: 9592 2699	St Vincent de Paul Unit 6, 7 Cessnock Way ROCKINGHAM By Apt only Monday and Thursday 9.00 – 12.00 Wednesday 10.00 – 1.00 T: 9592 7816
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#### Housing

Anglicare WA, St Nicholas Community Centre 14 Council Ave ROCKINGHAM Assistance in private tenancy through real estate or landlord for people struggling to maintain tenancy. T: 9528 0701	Crisis Care Helpline 24 hour service, 7 days a week. Homeless assistance. T: 9223 1111
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#### Family Violence

Family Violence Service Rockingham Information and support for people who have suffered family violence. T: 9592 4018	South Coast Women's Health Service. 4 Civic Boulevard ROCKINGHAM Grief & Loss. Sexual abuse. Past trauma. Groups operating from South Coastal: Sexual Assault Resource Centre (SARC) Incest Survivors Association T: 9550 0900	
Men's Domestic Violence Helpline T: 9223 1199 T: 1800 000 599	Women's Domestic Violence Helpline T: 9223 1188	Lucy Saw Centre Women's Refuge ROCKINGHAM T: 9527 6872

#### Financial

Anglicare WA, St Nicholas Community Centre 14 Council Ave ROCKINGHAM Support for people who are experiencing debt problems. Advice on debt. T: 9528 0717	Communicare Inc Unit 4/5 Goddard St ROCKINGHAM Financial Counselling T: 9527 9678	Financial Counselling Hotline T: 1800 007 007
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**LIFELINE T: 131114**

**KIDS HELPLINE: T: 1800 55 1800**

*Please, if you need help, don't be afraid to reach out.*