



Where to get help in Western Australia

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent 124 medical help, call triple zero (000).



Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community - both members of the public and health professionals. Callers referred to acute response teams.



\$\langle\$ 1300 555 788 (Metro) 1800 676 822 (Peel)

1800 552 002 (Country/Rurallink)

mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online & telephone support for anyone feeling anxious or depressed

\& 1300 224 636

beyondblue.org.au

Lifeline



& 13 11 14

wa.lifeline.org.au Text 0477 13 11 14

Lifeline Crisis Text Service



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Suicide Call Back Service



Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

\(\) 1300 659 467

suicidecallbackservice.org.au





Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

🕓 9442 5000 (Metro) or 1800 198 024 (Country)

admhss.mhc.wa.gov.au



Mensline Australia



Supports men and boys dealing with family and relationship concerns.

\(\sigma \) 1300 789 978

mensline.org.au

Here For you

Confidential telephone service for anyone concerned about their own or another person's alcohol and other drug use &/or mental health issues

🕓 1800here4U (1800 437348) Hours: 7am – 10pm, 7 days a week

admhss.mhc.wa.gov.au

Support for Aboriginal people

13 Yarn

National crisis support line

13yarn.org.au/



Derbarl Yerrigan Health Service Inc

Health and medical support for Aboriginal people, including counselling.

📞 08 9421 3888 (Mon-Fri: 8:30am -7pm, Sat: 8:30am - 12pm)

mww.dyhs.org.au

Wungening Aboriginal Corporation

Aboriginal alcohol and drug referral service that provides culturally appropriate services

📞 08 9221 1411 (business hours)

www.wungening.com.au

Support for young people

Headspace

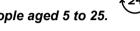
Support for young people aged 12 to 25, and their families. Telephone and web chat available, as well as local headspace centres.

\$\left\(\) 1800 650 890 (7 days: 9am - 12:30am AEST)

headspace.org.au

Kids Helpline

Free qualified counselling service for young people aged 5 to 25.



\(\sqrt{1800} \) 1800 551 800

kidshelpline.com.au

QLife

Anonymous telephone and webchat LGBTIQA+ peer support for people to discuss sexuality, identity, gender, bodies, feelings or relationships.

√ 1800 184 527 (7 days: 3pm - 12am AEST)

qlife.org.au

General information

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission

mhc.wa.gov.au/getting-help

My Services online directory

myservices.org.au

General mental health and wellbeing

Think Mental Health

thinkmentalhealthwa.com.au

Act Belong Commit

actbelongcommit.org.au

Coping with isolation

Black Dog Institute

blackdoginstitute.org.au

Beyond Blue

beyondblue.org.au

Alcohol and other drug information

Alcohol.Think Again

alcoholthinkagain.com.au

Drug Aware

drugaware.com.au

harmreductionaustralia.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind

strongspiritstrongmind.com.au

Aboriginal Health Council of Western Australia

ahcwa.org.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.