




# 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 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. 

☎ 1300 555 788 (Metro)  
1800 676 822 (Peel)  
1800 552 002 (Country/Rurallink)  [mhc.wa.gov.au/mherl](http://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](http://beyondblue.org.au)

#### Lifeline

Support for anyone in a crisis situation. 


☎ 13 11 14  [wa.lifeline.org.au](http://wa.lifeline.org.au)  
Lifeline Crisis Text Service Text 0477 13 11 14


#### 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](http://suicidecallbackservice.org.au)

#### Alcohol and Drug Support Line

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](http://admhss.mhc.wa.gov.au)


#### Mensline Australia

Supports men and boys dealing with family and relationship concerns. 

☎ 1300 789 978  [mensline.org.au](http://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](http://admhss.mhc.wa.gov.au)

### Support for Aboriginal people


#### 13 Yarn

National crisis support line 

☎ 13YARN or 13 92 76  [13yarn.org.au/](http://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)  
 [www.dyhs.org.au](http://www.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](http://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.

☎ 1800 650 890 (7 days: 9am - 12:30am AEST)  
 [headspace.org.au](http://headspace.org.au)


#### Kids Helpline

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

☎ 1800 551 800  [kidshelpline.com.au](http://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](http://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](http://mhc.wa.gov.au/getting-help)

##### My Services online directory


 [myservices.org.au](http://myservices.org.au)

#### General mental health and wellbeing

##### Think Mental Health

 [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

##### Act Belong Commit

 [actbelongcommit.org.au](http://actbelongcommit.org.au)

#### Coping with isolation

##### Black Dog Institute


 [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

##### Beyond Blue

 [beyondblue.org.au](http://beyondblue.org.au)

#### Alcohol and other drug information

##### Alcohol.Think Again

 [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)

##### Drug Aware


 [drugaware.com.au](http://drugaware.com.au)

##### Harm Reduction Australia


 [harmreductionaustralia.org.au](http://harmreductionaustralia.org.au)

#### Resources for Aboriginal and Torres Strait Islander people

##### Strong Spirit Strong Mind

 [strongspiritstrongmind.com.au](http://strongspiritstrongmind.com.au)

##### Aboriginal Health Council of Western Australia

 [ahcwa.org.au](http://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](http://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.