

where to get help in Western Australia

for people experiencing mental
health, alcohol or other drug issues

Life threatening emergencies: Call 000

Threats to self or others – ask for Police and tell them if it's a mental health issue

In the case of physical harm – ask for an ambulance

Urgent mental health assistance

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

Metro: 1300 555 788 (24/7)

Peel: 1800 676 822 (24/7)

TTY: 1800 720 101 (24/7)

www.nmahsmh.health.wa.gov.au/emergency

Rurallink

Specialist after-hours mental health telephone service for rural communities in Western Australia

1800 552 002 (after hours and weekends.

At other times, contact a local mental health service)

TTY: 1800 720 101

www.nmahsmh.health.wa.gov.au/emergency

Alcohol and other drugs support

Alcohol and Drug Support Line

For anyone concerned about their own or another person's alcohol or drug use

08 9442 5000 (24/7)

Country callers: 1800 198 024 (24/7)

www.mhc.wa.gov.au/alcoholanddrugsupportline

Meth Helpline

Confidential counselling and support for anyone concerned about their own or another person's meth use

1800 874 878 (24/7)

www.mhc.wa.gov.au/methhelpline

Parent and Family Drug Support Line

For anyone concerned about a loved one's alcohol or drug use

08 9442 5050 (24/7)

Country callers: 1800 653 203 (24/7)

www.mhc.wa.gov.au/parentandfamilydrugsupportline

Wungening Aboriginal Corporation

Aboriginal alcohol and drug referral service that provides culturally appropriate services

08 9221 1411 (business hours)

www.aads.org.au

Mental health support

Beyondblue

24/7 free counselling

1300 224 636 (24/7)

www.beyondblue.org.au

Lifeline

In a crisis situation

13 11 14 (24/7)

www.lifelinewa.org.au

Suicide Call Back Service

Free telephone, video and online counselling for people 15 years and over, from professional counsellors with specialist skills. Is especially suited to people who are geographically or emotionally isolated

1300 659 467 (24/7)

www.suicidecallbackservice.org.au

Additional support

General Practitioners

General Practitioners (GPs) can connect people to mental health and alcohol and other drug treatment and recovery resources

1800RESPECT

National sexual assault, domestic family violence counselling service

1800 737 732 (24/7)

www.1800respect.org.au

Crisis Care Helpline

For urgent assistance with child welfare, domestic violence, home-lessness and other crisis situations

08 9223 1111 (24/7)

Country callers: 1800 199 008

Translating and interpreting service: 13 14 50

www.dcp.wa.gov.au/crisisandemergency

Derbarl Yerrigan Health Service Inc.

Health and medical support for Aboriginal people, including counselling

08 9421 3888

(Mon to Fri: 8:30am – 7pm;

Sat: 8:30am – 12pm)

www.dyhs.org.au

Headspace

Support for young adults aged 12 – 25, and their families. Four core areas: mental health, physical health, work and study support, and alcohol and other drug services

eheadspace: 1800 650 890

(7 days: 9am – 12:30am EST).

Telephone and web chat.

www.headspace.org.au

(details of local headspace centres)

Kids Helpline

Free qualified counselling service for kids and young people aged five to 25

1800 551 800 (24/7)

<https://kidshelpline.com.au>

MensLine Australia

Support and information for Australian men with family and relationship concerns

1300 78 99 78 (24/7)

<https://mensline.org.au>

QLife

Counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI)

1800 184 527 (7 days: 3pm – 12am)

<https://qlife.org.au>

Wellways Helpline

A peer-led national helpline staffed by trained volunteers with personal experience of mental health issues. Mental health information, support and referrals, for people experiencing mental health issues and their family and friends

1300 111 500 (Mon to Fri: 9am – 9pm EST)

www.wellways.org/helpline

Details of further mental health, alcohol or other drug support services can be found at www.mhc.wa.gov.au/gettinghelp

