

# Helping someone in distress

due to mental health,  
alcohol or other drug issues

## Life threatening emergencies

Call 000

## Mental Health Emergency Response Line (MHERL)

Metro: 1300 555 788 (24/7)

Peel: 1800 676 822 (24/7)

TTY: 1800 720 101 (24/7)

## Rurallink

1800 552 002 (after hours and weekends)

TTY: 1800 720 101

## Alcohol and Drug Support Line

08 9442 5000 (24/7) Country callers: 1800 198 024 (24/7)

Visit [www.mhc.wa.gov.au/gettinghelp](http://www.mhc.wa.gov.au/gettinghelp) for more information and a directory  
of where to get help in Western Australia

listen

acknowledge

support

refer



Government of Western Australia  
Mental Health Commission