





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](http://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](http://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](http://www.mhc.wa.gov.au/alcoholanddrugsupportline)

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](http://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

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



Government of Western Australia
Mental Health Commission



Additional support

1800RESPECT

National sexual assault, domestic family violence counselling service
1800 737 732 (24/7)
www.1800respect.org.au

Beyondblue

24/7 free counselling
1300 224 636 (24/7)
www.beyondblue.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

General Practitioners

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

Headspace

Support for young adults aged 12 – 25, and their families.

eheadspace: 1800 650 890
(7 days: 9am – 12:30am EST).
Telephone and web chat.
www.headspace.org.au

Kids Helpline

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

1800 551 800 (24/7)
www.kidshelpline.com.au

Lifeline

In a crisis situation
13 11 14 (24/7)
www.lifelinewa.org.au

MensLine Australia

Support and information for Australian men with family and relationship concerns

1300 78 99 78 (24/7)
www.mensline.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

QLife

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

1800 184 527 (7 days: 3pm – 12am)
[www.qlife.org.au](http://www 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