




# 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  [lifelinewa.org.au](http://lifelinewa.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)  
 [mhc.wa.gov.au/alcoholanddrugsupportline](http://mhc.wa.gov.au/alcoholanddrugsupportline)



#### 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)  [mhc.wa.gov.au/here4U](http://mhc.wa.gov.au/here4U)  
Hours: 7am – 10pm, 7 days a week

### 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.aads.org.au](http://www.aads.org.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 LGBTI 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)

#### Western Australian COVID-19 health, information and advice

**Department of Health - Healthy WA**  
 13 COVID (132 68 43)  [healthywa.gov.au](http://healthywa.gov.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.