# 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 124 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.



\$\langle\$ 1300 555 788 (Metro) 1800 676 822 (Peel)

1800 552 002 (Country/Rurallink)

mhc.wa.gov.au/mherl

# Support helplines

#### **Beyond Blue**

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Free online & telephone support for anyone feeling anxious or depressed

1300 224 636

beyondblue.org.au

#### Lifeline



**\( \)** 13 11 14

lifelinewa.org.au Text 0477 13 11 14

Lifeline Crisis Text Service



#### 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

# 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



#### Mensline Australia



Supports men and boys dealing with family and relationship concerns.

**\langle** 1300 789 978

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

\$\left\\$ 1800here4U (1800 437348)

mhc.wa.gov.au/here4U Hours: 7am – 10pm, 7 days a week

# **Support for Aboriginal people**

#### 13 Yarn



(24)

13YARN or 13 92 76

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)

mww.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

#### Support for young people

#### **Headspace**

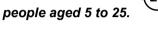
Support for young people aged 12 to 25, and their families. Telephone and web chat available, as well as local headspace centres.

📞 1800 650 890 (7 days: 9am - 12:30am AEST)

headspace.org.au

# Kids Helpline

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



**\( \sqrt{1800} \)** 1800 551 800

kidshelpline.com.au

#### QLife

Anonymous telephone and webchat LGBTI peer support for people to discuss sexuality, identity, gender, bodies, feelings or relationships.

@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

My Services online directory

myservices.org.au

## General mental health and wellbeing

**Think Mental Health** 

thinkmentalhealthwa.com.au

**Act Belong Commit** 

actbelongcommit.org.au

#### Coping with isolation

**Black Dog Institute** 

blackdoginstitute.org.au

**Beyond Blue** 

beyondblue.org.au

#### Alcohol and other drug information

**Alcohol.Think Again** 

alcoholthinkagain.com.au

**Drug Aware** 

drugaware.com.au

narmreductionaustralia.org.au

# Resources for Aboriginal and Torres Strait Islander people

**Strong Spirit Strong Mind** 

strongspiritstrongmind.com.au

**Aboriginal Health Council of Western Australia** 

ahcwa.org.au

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

Department of Health - Healthy WA

\$\left\ 13 COVID (132 68 43)

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 which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.