




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

Support helplines

Beyond Blue

Free online & telephone support for anyone feeling anxious or depressed 


 1300 224 636  beyondblue.org.au

Lifeline

Support for anyone in a crisis situation. 


 13 11 14  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

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. 

 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

 1800here4U (1800 437348)  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/

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

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. 

 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.

 1800 184 527 (7 days: 3pm - 12am AEST)
 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

Harm Reduction Australia


 harmreductionaustralia.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

 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.