




# 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. 

 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 and 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)



#### Suicide Call Back Service

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 support for anyone concerned about their own or another person's alcohol or drug use. 

 9442 5000 (Metro) or 1800 198 024 (Country)  
 [mhc.wa.gov.au/adss](http://mhc.wa.gov.au/adss)

#### Mensline Australia



Supports men and boys dealing with family and relationship concerns. 

 1300 789 978  
 [mensline.org.au](http://mensline.org.au)

### Support for Aboriginal people



#### 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)  
 [dyhs.org.au](http://dyhs.org.au)

#### Wungening Aboriginal Corporation



Aboriginal alcohol and drug referral service that provides culturally appropriate services

 08 9221 1411 (business hours)  
 [wungening.com.au](http://wungening.com.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)

### Support for LGBTIQ+ people


#### 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)

### Support in other languages

#### Translating and Interpreting Service

TIS National can connect you to health and medical services in over 26 languages. 

 13 14 50  
 [tisonational.gov.au](http://tisonational.gov.au)

### General information

#### Mental health and alcohol and other drug services in Western Australia

Mental Health Commission

 [mhc.wa.gov.au](http://mhc.wa.gov.au)

My Services online directory


 [myservices.org.au](http://myservices.org.au)

#### Mental health and wellbeing

Think Mental Health

 [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

Act Belong Commit

 [actbelongcommit.org.au](http://actbelongcommit.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)

#### Aboriginal and Torres Strait Islander Wellbeing

Strong Spirit Strong Mind

 [strongspiritstrongmind.com.au](http://strongspiritstrongmind.com.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.