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 1243 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.



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1800 676 822 (Peel)

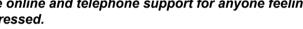
1800 552 002 (Country/Rurallink)

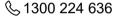
mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.





beyondblue.org.au

Lifeline Support for anyone in a crisis situation.

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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

Alcohol and Drug Support Line

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

mhc.wa.gov.au/adss

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

% 1300 789 978

mensline.org.au

Support for Aboriginal people

Derbarl Yerrigan Health Service Inc

Health and medical support for Aboriginal people, including counselling.

dyhs.org.au

Wungening Aboriginal Corporation

Aboriginal alcohol and drug referral service that provides culturally appropriate services

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.

mwungening.com.au

Please note

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.

\$\left\(\) 1800 650 890 (7 days: 9am - 12:30am AEST)

neadspace.org.au

Kids Helpline

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



\(\sqrt{1800 551 800} \)

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

Support in other languages

Translating and Interpreting Service

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

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tisnational.gov.au

General information

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission

mhc.wa.gov.au

My Services online directory

🕮 myservices.org.au

Mental health and wellbeing

Think Mental Health

thinkmentalhealthwa.com.au

Act Belong Commit

actbelongcommit.org.au

Beyond Blue

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Alcohol and other drug information

Alcohol.Think Again

alcoholthinkagain.com.au

Drug Aware

drugaware.com.au

Harm Reduction Australia

marmreductionaustralia.org.au

Aboriginal and Torres Strait Islander Wellbeing

Strong Spirit Strong Mind

strongspiritstrongmind.com.au