

# Helping someone in distress

due to mental health,  
alcohol or other drug issues

listen

acknowledge

support

refer



Government of **Western Australia**  
**Mental Health Commission**

for urgent assistance

**Life threatening emergencies:** Call 000

**Mental Health Emergency Response Line (MHERL)**

Metro: 1300 555 788 (24/7) Peel: 1800 676 822 (24/7)

TTY: 1800 720 101 (24/7)

**Rurallink**

1800 552 002 (after hours and weekends) TTY: 1800 720 101

**Alcohol and Drug Support Line**

08 9442 5000 (24/7) Country callers: 1800 198 024 (24/7)

More info and services: [www.mhc.wa.gov.au/gettinghelp](http://www.mhc.wa.gov.au/gettinghelp)