

where to get help in Western Australia

for people experiencing mental
health, alcohol or other drug issues

Life threatening emergencies: Call 000

Threats to self or others –
ask for Police and tell them if
it's a mental health issue

In the case of physical harm –
ask for an ambulance

Urgent mental health assistance

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

Metro: 1300 555 788 (24/7)

Peel: 1800 676 822 (24/7)

TTY: 1800 720 101 (24/7)

[www.nmahsmh.health.wa.gov.au/
emergency](http://www.nmahsmh.health.wa.gov.au/emergency)

Rurallink

Specialist after-hours mental
health telephone service for rural
communities in Western Australia

1800 552 002 (after hours and
weekends. At other times, contact a
local mental health service)

TTY: 1800 720 101

[www.nmahsmh.health.wa.gov.au/
emergency](http://www.nmahsmh.health.wa.gov.au/emergency)

Alcohol and other drugs support

Alcohol and Drug Support Line

For anyone concerned about their
own or another person's alcohol or
drug use

08 9442 5000 (24/7)

Country callers: 1800 198 024 (24/7)

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

Meth Helpline

Confidential counselling and support
for anyone concerned about their own
or another person's meth use

1800 874 878 (24/7)

www.mhc.wa.gov.au/methhelpline

Parent and Family Drug Support Line

For anyone concerned about a loved
one's alcohol or drug use

08 9442 5050 (24/7)

Country callers: 1800 653 203 (24/7)

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

Wungening Aboriginal Corporation

Aboriginal alcohol and drug referral
service that provides culturally
appropriate services

08 9221 1411 (business hours)

www.aads.org.au



Government of Western Australia
Mental Health Commission

Mental health support

Beyondblue

24/7 free counselling
1300 224 636 (24/7)
www.beyondblue.org.au

Lifeline

In a crisis situation
13 11 14 (24/7)
www.lifelinewa.org.au

Suicide Call Back Service

Free telephone, video and online counselling for people 15 years and over, from professional counsellors with specialist skills. Is especially suited to people who are geographically or emotionally isolated
1300 659 467 (24/7)
www.suicidcallbackservice.org.au

Additional support

General Practitioners

General Practitioners (GPs) can connect people to mental health and alcohol and other drug treatment and recovery resources

1800RESPECT

National sexual assault, domestic family violence counselling service
1800 737 732 (24/7)
www.1800respect.org.au

Crisis Care Helpline

For urgent assistance with child welfare, domestic violence, homelessness and other crisis situations
08 9223 1111 (24/7)
Country callers: 1800 199 008
Translating and interpreting service:
13 14 50
www.dcp.wa.gov.au/crisisandemergency

Derbarl Yerrigan Health Service Inc.

Health and medical support for Aboriginal people, including counselling
08 9421 3888
(Mon to Fri: 8:30am – 7pm;
Sat: 8:30am – 12pm)
www.dyhs.org.au

Headspace

Support for young adults aged 12 – 25, and their families. Four core areas: mental health, physical health, work and study support, and alcohol and other drug services
ehespace: 1800 650 890
(7 days: 9am – 12:30am EST).
Telephone and web chat.
www.headspace.org.au
(details of local headspace centres)

Kids Helpline

Free qualified counselling service for kids and young people aged five to 25
1800 551 800 (24/7)
<https://kidshelpline.com.au>

MensLine Australia

Support and information for Australian men with family and relationship concerns
1300 78 99 78 (24/7)
<https://mensline.org.au>

QLife

Counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI)
1800 184 527 (7 days: 3pm – 12am)
<https://qlife.org.au>

Wellways Helpline

A peer-led national helpline staffed by trained volunteers with personal experience of mental health issues. Mental health information, support and referrals, for people experiencing mental health issues and their family and friends
1300 111 500 (Mon to Fri: 9am – 9pm EST)
www.wellways.org/helpline

Details of further mental health, alcohol or other drug support services can be found at www.mhc.wa.gov.au/gettinghelp