




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

Support helplines



Beyond Blue

Free online and 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



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. 

 9442 5000 (Metro) or 1800 198 024 (Country)
 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.

 08 9421 3888 (Mon-Fri: 8:30am -7pm, Sat: 8:30am - 12pm)
 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

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

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. 

 13 14 50
 tisonational.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
 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

Aboriginal and Torres Strait Islander Wellbeing

Strong Spirit Strong Mind
 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 which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.