**Mental Health Resources**

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| --- | --- |
| **Ambulance / Fire / Police** | **000 / 112 mobile if 000 not available** |
| **Emergency Plus** app – provides GPS coordinates of location  Icon  Description automatically generated | [www.emergencyplus.com.au](about:blank) |
| **Police attendance – Non urgent** | **131 444** |
| **Lifeline**  **Lifeline Chat & Text** | 13 11 14 [www.lifeline.org.au](about:blank)  Text 0477131114 www.lifeline.org.au/crisis-chat |
| **Crisis Care** after-hours response to wellbeing of a child or are escaping domestic violence or homelessness. | 1800 199 008  [www.wa.gov.au/service/community-services/community-support/crisis-care](about:blank) |
| **Department of Communities** - Child Protection & Family Support | 1800 176 888  [https://www.wa.gov.au/organisation/department-of-communities](about:blank) |
| **Mental Health Emergency Response Line (MHERL)** | 1300 555 788 Peel: 1800 676 822 |
| **Rural link** | 1800 552 002 |
| **Kids Helpline** | 1800 551 800 Kidshelpline.com.au |
| **Samaritans 24/7 crisis support (WA)** | 13 52 47 [www.thesamaritans.org.au](about:blank) |
| **Child & Adolescent Mental Health Service**  **CAMHS Crisis Connect** | [1800 048 636](about:blank) [www.cahs.health.wa.gov.au](about:blank) |
| **Suicide call back service** | 1300 659 467 [www.sucidecallbackservice.org.au](about:blank) |
| **Beyond Blue**  ***Beyond Now app* – Suicide safety planning** | 1300 22 4636 [www.beyondblue.org.au](about:blank) |
| **SANE** | 1800 18 7263 [www.sane.org](about:blank) |
| **National Pain Link Helpline**  Australian Pain Management Association | 1300 340 357 [www.painmanagement.org.au](about:blank) |
| Salvation Army | 137258 [www.salvationarmy.org.au](about:blank) |
| **Poisons Information Centre** | 13 11 26 www.health.gov.au |
| **Health Direct - 24hr staffed by nurses** | 1800 022 222 [www.Healthdirect.gov.au](about:blank) |
| Sexual Assault Referral Clinic (SARC) | 08 6458 1828 / 1800 199 888 [www.kemh.health.wa.gov.au/Other-Services/SARC](about:blank) |
| Women’s Domestic Violence helpline | 1800 737 732 [www.1800respect.org.au](about:blank) |
| Pregnancy Counselling Australia | 1300 737 732 [www.pregnancycounselling.com.au](about:blank) |
| Men’s Domestic Violence Helpline | 1300 789 978 [www.mensline.org.au](about:blank) |
| Ngala Parenting | 93689368 /1800 111 546 Country [www.ngala.com.au](about:blank) |
| Open Arms Veterans & Families counselling | 1800 011 046 [www.openarms.gov.au](about:blank) |
| Anglicare | 1300114446 [www.anglicarewa.org.au](about:blank) |
| Translating & Interpreting services | 13 14 50 [www.tisnational.gov.au](about:blank) |
| Blue Knot - information and support for all affected by complex trauma | 1300 657 380 [www.blueknot.org.au](about:blank) |
| Angelhands –hope & healing to victims of crime | 9272 2242 [www.angelhands.org.au](about:blank) |
| Butterfly Foundation - Support for eating disorders and body image issues | 1800 33 4673 [www.butterfly.org.au](about:blank) |
| Housing Authority (including Homeless advisory service) | 1800 001 722 / 93251232 [www.housing.wa.gov.au](about:blank) |
| Lifeline Separated Mums’ & Separated Dads | 08 9261 4444 |
| Australian Parenting website | [www.raisingchildren.net.au](about:blank) |
| Solace Grief Support (Loss of Spouse or Partner) | 0488 991 084 [solacegriefsupportwa.org.au](about:blank) |
| Compassionate Friends (Bereaved Parents & Siblings) | 1300 064 068 [www.compassionatefriendswa.org.au](about:blank) |
| Consumers of Mental Health WA | (08) 9258 8911    [www.comhwa.org.au](about:blank) |
| Helping minds (support to family and friends of people living with mental health challenges across WA.) | 94277100 / 1800 811 747 regional [helpingminds.org.au](about:blank) |
| Dementia Australia | 1800 100 500 National Helpline [www.dementia.org.au](about:blank) |
| Alcoholics Anonymous | 1300 222 222 [www.aa.org.au](about:blank) |
| **Mental Health Commission** | 08 6553 0400 [www.mhc.wa.gov.au](about:blank)  1800 437 348 [www.mhc.wa.gov.au/herefor](about:blank)you  08 9442 5050 / 1800 653 203  1800 721 997 |
| *Alcohol, Drug & Mental Health Support Line*  *Parents & Family Drug Support*  *Working Away Alcohol & Drug Support* |
| Pregnancy, Birth & Baby Helpline | 1800 882 436 www.pregnancybirthbaby.org.au |
| Gambling Help online | 1800 858 858 www.gamblinghelponline.org.au |
| Ruah Community Services | 137824 www.ruah.org.au |
| Living Proud - LGBTI Community Services of WA  QLife Telephone Counselling Line | 94869855 [www.livingproud.org.au](about:blank)  1800 184 527 [www.qlife.org.au](about:blank) |
| Black Rainbow - national Aboriginal and Torres Strait Islander, LGBQTI + Sistergirl and Brotherboy organisation | [www.blackrainbow.org.au](about:blank) |
| Aboriginal Legal Service | [www.als.org.au](about:blank) |
| Road Trauma Support WA | 6166 7688 / 1300 004 814 [www.rtswa.org.au](about:blank) |
| ARBOR (active response suicide bereavement outreach) | **1300 11 44 46** www.anglicarewa.org.au |
| Roses in the Ocean – Lived experience of suicide | [www.rosesintheocean.com.au](about:blank) |
| GROW – Peer support for mental health | 1800 558 268 www.grow.org.au |
| **Head to Health** – Government website, searches mental health resources from publicly funded providers | [www.headtohealth.gov.au](about:blank) |
| Western Australian Association of Mental Health | 08 6246 3000 [www.waamh.org.au](about:blank) |
| **Mental Health First Aid** Guidelines | www.mhfa.com.au |
| Black Dog Institute  My Compass - online CBT program | [www.blackdoginstitute.org.au](about:blank)  [www.mycompass.org.au](about:blank) |
| Mood Gym – prevent and manage symptoms of depression and anxiety | www.moodgym.com.au |
| Mind Spot – Online assessment & treatment for anxiety & depression | 1800 61 44 34 www.mindspot.org.au |
| Blue Pages -Depression information + e-Couch | www.bluepages.anu.edu.au |
| Connect Groups – helping support groups & individuals | 08 93646909 www.connectgroups.org.au |
| Head Space (Youth Mental Health Foundation) | www.headspace.org.au |
| Kids Help line | 1800 55 1800 www.kidshelpline.com.au |
| Mensline Australia | 1300 78 99 78 www.mensline.org.au |
| Act Belong Commit | www.actbelongcommit.org.au |
| Mental Illness Fellowship of Australia - amplifies the voices of those living with severe and complex mental illness. | 1800 985 944 [www.mifa.org.au](about:blank)  [www.minetworks.org.au](about:blank) |

Updated May 2023, organisations do change details please check for any corrections