

Mental Health Resources – WA & National

Crisis Contacts	
Ambulance / fire / Police	000
Mobile phone if 000 not available	112
Police attendance	131 444
Lifeline	13 11 14 Nationwide 24hr / day cost of a local call
Crisis Care	08 9223 1111 (24hr metro) 1800 199 008 (country)
Mental Health Emergency Response Line (formerly PET)	1300 555 788
Rural link	1800 552 002
Kids Helpline	1800 551 800
Samaritans Careline Youthline	13 52 47 1800 198 313 (Country) 08 9388 2500
SANE	1800 18 7263 www.sane.org
Salvation Army Care line	08 9442 5777
Poisons Information Centre	13 11 26
Health Direct	1800 022 222 (24hr staffed by nurses)
Women's refuges Salvation Army (WA)	1800 622 258 (DCP main number) 9442 5777
Translating & Interpreting services	13 14 50
Men's Domestic Violence Helpline	9223 1199 1800 000 599
Women's Domestic Violence helpline	9223 1188
Suicide call back service	1300 659 467
Family Helpline	1800 643 000
Other help lines	
Anglicare	08 9263 2050 1800 812 511 (Country)
Sexual Assault Referral Clinic (SARC)	08 9340 1828 1800 199 888(country)
Homeswest & Homeless Helpline	1800 065 892
Dept of Housing	08 9222 4666 (Business hours)
Dads @ Lifeline	08 9261 4451
Parenting Line	08 9272 1466
Compassionate Friends (Bereaved Parents & Siblings)	08 9227 5698 1800 628 118
Solace (Loss of Spouse or Partner)	08 9381 1389

ARAFMI (Association of Relatives & Friends of the Mentally Ill)	08 9247 7100 1800 811 747 (rural free call)
Veterans & Veterans Families counselling service	1800 011 046
Careline 98.5 Sonshine FM	08 9313 0888
Alzheimer's Dementia Helpline	1800 100 500
Alcoholics Anonymous	08 9325 3566
Alcohol & Drug Information	08 9442 5000
Department for Child Protection	08 9222 2555 1800 622 258 (country)
Family Drug Support	1300 368 186
Mens Line Australia	1300 789 978
Pregnancy Helpline	1300 139 313
Problem Gambling	1800 622 112
Ruah Community Services	08 9485 3939
Living Proud -LGBTI Community Services of WA	9420 7202 www.livingproud.org.au
Road Trauma Support WA	9420 7262 / 1300 004 814 www.rtswa.org.au
ARBOR (outreach service provides support for people bereaved by suicide, can also be accessed through the Coronial Counselling Service in WA)	08 9263 2150, (Counsellor Mon-Fri 9-4) email: arbor@anglicarewa.org.au
GROW	1800 558 268 www.grow.net.au
Western Australian Association of Mental Health	94207277 www.waamh.org.au
Mental Health Commission	6272 1200 www.mentalhealth.wa.gov.au
Online Information	
Mental Health First Aid Guidelines	www.mhfa.com.au
Beyond Blue	www.beyondblue.org.au
Black Dog Institute	www.blackdoginstitute.org.au
Lifeline	www.lifeline.org.au
Mood Gym – Cognitive behaviour therapy skills for preventing & coping with depression	www.moodgym.anu.edu.au
MindSpot – Online assessment & treatment for anxiety & depression	www.mindspot.org.au
Blue Pages	www.bluepages.anu.edu.au
Connect Groups	www.connectgroups.org.au
Depression Services	www.depressionservices.org.au
National Institute of Mental Health (US Govt site)	www.nimh.nih.gov
Head Space (Youth Mental Health Foundation)	www.headspace.org.au
Kids Help line	www.kidshelp.com.au
Mensline Australia	www.menslineaus.org.au
The Samaritans Crisis line	www.samaritanscrisisline.org.au
Act Belong Commit	www.actbelongcommit.org.au
MI networks – initiative of the Metal Illness Fellowship of Australia	www.minetworks.org.au