



Mental Health Support Services

**Call 000 in an emergency if you feel someone is
at risk of harming themselves or others**

Alcohol and Drug Support Line Telephone: 08 9442 5000 Telephone: 1800 198 024 (Country)	Men's Line Australia Telephone: 1300 78 99 78 Website: www.mensline.org.au
beyondblue Telephone: 1300 224 636 Website: www.beyondblue.org.au	Mental Health Commission Telephone: 6553 0600 Website: www.mhc.wa.gov.au
Crisis Care Helpline Telephone: 1800 199 008 (country free call) Telephone: (08) 9223 1111 Website: http://www.dcp.wa.gov.au	Mental Health Emergency Response Line Metro: 1300 555 788 Peel: 1800 676 822
eheadspace Telephone: 1800 650 890 Website: www.eheadspace.org.au	Reachout Website: www.reachout.com
Healthdirect Australia Telephone: 1800 022 222 Website: www.healthdirect.gov.au	RuralLink Telephone: 1800 552 002 TTY: 1800 720 101
Kid's Help Line Telephone: 1800 55 1800 Website: www.kidshelpline.com.au	Suicide Call Back Service Telephone: 1300 659 467 Website: www.suicidecallbackservice.org.au
Lifeline Australia Telephone: 13 11 14 Website: www.lifeline.org.au	The Samaritans Help line: 135 247 Youthline: 1800 198 313

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