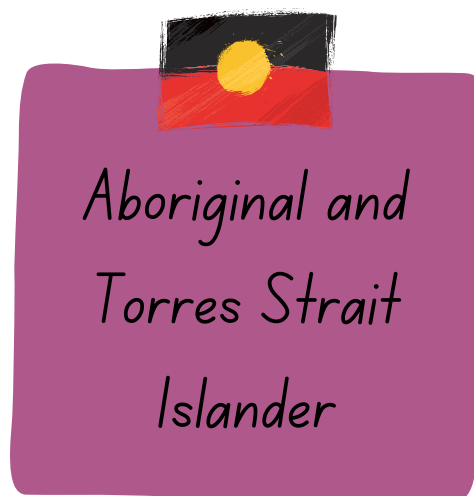
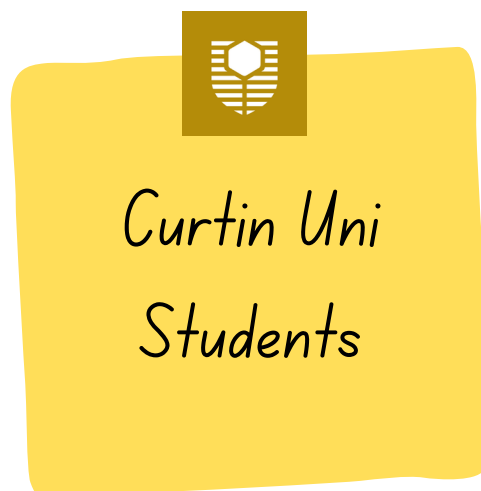


MENTAL HEALTH RESOURCE MAP

Click on the post-it notes to be led to specific resources for:



Scroll down to see the full list of resources...

List of Mental Health Resources (Australia)

Immediate Supports

Support Service	Description	Contact details
Emergencies (24 hours)	Phone 000 or present to your local emergency department.	Phone: 000
Lifeline WA (24 hours)	Lifeline WA provides 24-hour crisis support and suicide prevention services.	Phone: 13 11 14 Lifeline Online – crisis support chat service: http://crisichat.lifelinewa.org.au
Mental Health Emergency Response Line (24 hours)	For anyone involved in a mental health emergency in the community – including individuals, families/carers, members of the general public, health professionals, or community welfare service providers.	Phone (Metro): 1300 555 788 Phone (Peel): 1800 676 822
Rurallink (Weeknights: 4.30pm - 8.30am Weekends & public holidays: 24 hours)	An after-hours telephone service for Western Australians in regional and remote areas experiencing a mental health crisis and/or those supporting them.	Phone: 1800 552 002
Suicide Call-back Service (24 hours)	Provide free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts, 24/7.	Phone: 1300 659 467
Mental Health Direct (24 hours)	Speak to a mental health professional, any time of the day or night.	Phone: 1800 220 460
Beyond Blue Support Service (24 hours)	Beyond Blue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related disorders in Australia. The Beyond Blue Support Service offers free phone, email and online chat counselling to people with mental health concerns.	Phone: 1300 224 636 Website: http://www.beyondblue.org.au

BeyondNow Suicide Safety Planning App	<p>The BeyondNow app puts your safety plan in your pocket so you can access it at any time. You can email a copy to friends, family or your health professional so they can support you when you're experiencing suicidal thoughts or heading towards a suicidal crisis</p>	<p>Website: https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</p>
Kids Helpline (24 hours)	<p>Kids Helpline is a free, confidential, telephone and online counselling service for young people up to 25 years of age</p>	<p>Phone: 1800 55 1800 Website: http://kidshelpline.com.au</p>
Samaritans (8am to 8pm)	<p>Provide telephone crisis support.</p>	<p>Phone: 135 247 Website: https://thesamaritans.org.au/</p>
Alcohol and Drug Support Line (24 hours)	<p>The Alcohol and Drug Support Line is a confidential, non-judgemental phone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.</p>	<p>Phone (Metro): (08) 9442 5000 Phone (Regional): 1800 198 024 Website: https://www.mhc.wa.gov.au/alcoholanddrugsupportline</p>
1800RESPECT (24 hours)	<p>This is a 24/7 national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault. Individuals can also access local support services and search the internet using Daisy, a free app developed by 1800RESPECT that protects user privacy (https://www.1800respect.org.au/daisy).</p>	<p>Phone: 1800 737 732 Website: https://1800respect.org.au/</p>
Crisis Care (Department of Communities)	<p>Crisis Care provides Western Australia's after-hours response to reported concerns for a child's safety and wellbeing and information and referrals for people experiencing crisis. You can contact Crisis Care if you are concerned about the wellbeing of a child, are escaping domestic violence and need help or are experiencing homelessness.</p>	<p>Phone: 1800 199 008 Website: https://www.wa.gov.au/service/community-services/community-support/crisis-care</p>

<p>Butterfly Foundation (8am to 12am)</p>	<p>Provides a national support helpline, online resources, programs, and support groups for people impacted by eating disorders and body image issues. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues.</p>	<p>Phone: 1800 33 4673 Website: https://butterfly.org.au/</p>
<p>Mensline Australia (24 hours)</p>	<p>Provide free 24/7 help, support, referrals & counselling services for men via telephone, online and video.</p>	<p>Phone: 1300 789 978 Website: http://mensline.org.au</p>
<p>Men's Referral Service (24 hours)</p>	<p>This service from No to Violence offers assistance, information and counselling to help men who use family violence.</p>	<p>Phone: 1300 766 491 Website: https://ntv.org.au/get-help/</p>
<p>QLife (3pm to 12am)</p>	<p>QLife is a national lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) phone and webchat counselling and referral service. They help callers with a range of issues relating to sexuality and gender, including coming out, as well as more general issues, such a relationship problems or simply a safe space to chat.</p>	<p>Phone: 1800 184 527 Website: https://qlife.org.au/</p>
<p>13YARN (24 hours)</p>	<p>Provide 24/7 telephone crisis support to Aboriginal and Torres Strait Islander people.</p>	<p>Phone: 13 92 76 Website: https://www.13yarn.org.au/</p>

Curtin University Supports

Support Service	Description	Contact details
Curtin University Safer Community Team (24 hours)	The Safer Community Team offer 24 hour service, every day of the year to the Bentley, Technology Park, CBD and Kalgoorlie campuses. Get in touch with the team if you need help with things such as security escort services, basic mechanical assistance or building access.	Phone: (08) 9266 4444 Website: https://properties.curtin.edu.au/campus-safety/
Curtin University Counselling (Mon to Thurs: 8:30am to 5pm Fri: 8:30am to 4:30pm)	Provide a safe professional environment to deal with any issues affecting your life or study. Provide a free and confidential service that focuses on short-term therapy.	Phone: (08) 9266 7850 Website: https://www.curtin.edu.au/students/personal-support/counselling-wellbeing/counselling/
Curtin Student Wellbeing Advisory Service (8:30am to 4:30pm)	Student Wellbeing Advisors can help if you're struggling with a study or personal issue, or you just don't know where to go or who to ask. The service is free and confidential for all Curtin students.	Phone: 1800 244 043 Email: studentwellbeing@curtin.edu.au Website: https://www.curtin.edu.au/students/personal-support/counselling-wellbeing/wellbeing/
Curtin Mentoring	Mentoring is a great way for you to connect and grow, whether you're being mentored by other people, or by being a mentor for other students. Curtin provides: <ul style="list-style-type: none"> • New to Curtin Mentoring • Autism and related conditions mentoring • Peer academic mentoring • Industry Mentoring 	Website: https://www.curtin.edu.au/students/experience/mentoring/
Curtin Student Guild	Curtin Student Guild offer a range of supports such as clubs to grow your social and professional networks, campus discounts, and Student Assist. Student Assist is a free support and advocacy service that can help with advice on being new to Curtin as well as student academic, financial, welfare, and international matters.	Website: https://guild.curtin.edu.au/

General Supports

Support Service	Description	Contact details
General Practitioner (GP)	Make an appointment to see your own GP or a GP at the Curtin Perth Medical Centre.	<u>Curtin Perth Medical Centre</u> Address: Level 1, Building 109, Bentley Campus, Kent St, Bentley WA 6102 Phone: 9266 7345 (8:30am to 4:30pm) Website: https://www.curtin.edu.au/students/personal-support/health/medical-centre/
Healthdirect After Hours GP helpline (24 hours)	Speak to a registered nurse and GP for free, any time of the day or night.	Phone: 1800 022 222 Website: https://www.healthdirect.gov.au/after-hours-gp-helpline
Headspace	Headspace provides mental health support, information and services to young people aged 12 to 25 years and their families across Australia.	Website: http://headspace.org.au
Mind Spot	MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. They provide assessment and treatment courses.	Website: https://mindspot.org.au/
MoodGym	A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.	Website: https://moodgym.com.au/
ReachOut.com	ReachOut.com is an internet service for young people that provides information, support and resources about mental health issues and enable them to develop resilience, increase coping skills, and facilitate help-seeking behaviour.	Website: https://au.reachout.com/
Head to Health	Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.	Website: https://www.headtohealth.gov.au/

Black Dog Institute	Provides online self-help tools and apps for depression and anxiety	Website: https://www.blackdoginstitute.org.au
Centre for Clinical Interventions	Provides free self-help resources to help manage a variety of common mental health issues (e.g. depression, social anxiety, panic, perfectionism)	Website: https://www.cci.health.wa.gov.au
Discharged	Run suicide peer support groups in person in Perth and online, provide digital resources regarding suicide prevention, and host training for service providers regarding suicide prevention.	Email: info@discharged.org.au Website: https://www.discharged.org.au/
Better Health Channel: Managing mental health medications	Provides information on types of mental health medications. The site also contains fact sheets on medicine information leaflets for consumers and talking with your doctor about sensitive issues.	Website: https://www.betterhealth.vic.gov.au/health/servicesandsupport/managing-mental-health-medications
Mental Health Foundation Australia (MHFA): Medications Explained	MHFA provide ongoing advocacy in the mental health sector. They have information on types of mental health medications and questions to ask your doctor on their website.	Website: https://www.mhfa.org.au/CMS/MedicationsExplained

Aboriginal and Torres Strait Islander Supports

Support Service	Description	Contact details
13YARN (24 hours)	Provide 24/7 telephone crisis support to Aboriginal and Torres Strait Islander people.	Phone: 13 92 76 Website: https://www.13yarn.org.au/
WellMob	WellMob brings together online resources made by and for our mob. Here you will find websites, apps, podcasts, videos, helplines, social media and online programs all with a focus on social and emotional wellbeing.	Website: https://wellmob.org.au/
Strong Spirit Strong Mind	Strong Spirit Strong Mind promotes the uniqueness of Aboriginal culture as a central strength in guiding efforts to manage and reduce mental health and alcohol and other drug related harms in Aboriginal communities in Western Australia. A live chat function is also available on the website to speak confidentially with a qualified alcohol and other drug counsellor.	Website: https://strongspiritstrongmind.com.au
Yarning SafeNStrong (YSNS)	A free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples in Victoria, Australia. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing.	Phone: 1800 959 563 (24 hours) Website: https://www.vahs.org.au/yarning-safenstrong/ Email: ysns@vahs.org.au
Yorgum Healing Services	Provides Aboriginal people and their families in Western Australia with autonomous, community-based healing, counselling, support and advocacy services that are culturally secure, trauma-informed and work within an Aboriginal Family Worldview.	Phone: 1800 469 371 Website: https://yorgum.org.au/
Derbarl Yerrigan Health Service	Offers a confidential and professional counselling service in Perth that supports Aboriginal people to work through their challenges as part of the Mental Health (Weirn Mooditj) program.	Phone: 1300 420 272 Website: https://www.dyhs.org.au/programs/mental-health/
Aboriginal Family Respite Service	Provides support to Aboriginal families who care for a family member with a mental illness by facilitating monthly respite days for the whole family.	Phone: (08) 9206 6200 Email: afr@unitingcarewest.org.au

Multicultural (Culturally and Linguistically Diverse, CALD) Supports

Support Service	Description	Contact details
Embrace Multicultural Mental Health	National platform that provides multilingual information on mental health and wellbeing, mental health services, and community organisations in Australia.	Phone: (02) 6285 3100 Website: multicultural@mhaustralia.org
MAITRI Mental Health Services (run by the Multicultural Service Centre of Western Australia)	Provides culturally and linguistically appropriate mental health services support with mental health professionals in the client's preferred language, or with the assistance of interpreters. Referral is preferred to be by a GP but can be made through mental health service providers, non-government service providers, other government services and self-referral.	Phone: (08) 9328 2699 Address: 20 View St, North Perth, WA 6006 Website: https://www.mscwa.com.au/our-programs/mental-health-services/
Multicultural Futures	Multicultural Futures is a major service provider for migrants and refugees in all metropolitan regions of Perth. Provides multi-lingual services which include culturally sensitive counselling; advocacy and referral services.	Phone: (08) 9336 8282 Website: https://multiculturalfutures.org.au
Metropolitan Migrant Resource Centre (MMRC)	Provide services across the Perth metropolitan area to facilitate the settlement and participation of migrants, refugees, and humanitarian entrants in Western Australia.	Phone: (08) 9345 5755 Website: https://www.mmrcwa.org.au/
Association for Services to Torture and Trauma Survivors (ASeTTS)	Provide holistic support services for refugee survivors of torture and trauma to rebuild their lives. Services include individual trauma counselling, family and relationship counselling, psycho-social counselling and support for young people, multicultural men and women's support groups and primary-school and high-school aged support groups.	Website: https://asetts.org.au/
Ishar Multicultural Women's Health Services	Provides holistic services (GP, counselling, carer support and skills development programs) to women from all walks of life and cultural backgrounds. Social support groups include the New Mother's Group, Carer Support Group and Domestic Violence Group	Phone: (08) 9345 5335 Website: https://www.ishar.org.au/

LGBTQI+ Supports

Support Service	Description	Contact details
QLife (3pm to 12am)	QLife is a national lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) phone and webchat counselling and referral service. They help callers with issues relating to sexuality and gender, including coming out, as well as more general issues, such as relationship problems or simply a safe space to chat.	Phone: 1800 184 527 Website: https://qlife.org.au/
Freedom Centre	Freedom Centre is a WA based peer support and information service that offers a safe social space for gay, lesbian, bisexual, trans, intersex, queer or questioning young people.	Phone: (08) 9228 0354 Email: info@freedom.org.au Website: https://www.freedom.org.au/
Living Proud	Provide peer-support and information to LGBTIQ+ people and communities in WA, and provide digital resources on their website.	Email: admin@livingproud.org.au Website: https://www.livingproud.org.au/
Perth Inner City Youth Services (PICYS)	Run social support and drop-in programs for LGBTQA+ young people in Perth, as well as provide digital resources on their website.	Phone: (08) 9388 2791 Email: info@picys.org.au Website: https://picys.org.au/
Rainbow Community House	Based in Perth and provide face-to-face counselling and youth services to LGBTQIA+ young people.	Phone: (08) 6370 4210 Email: info@rainbowch.org Website: https://rainbowch.org/
TransFolk of WA	Based in Perth and host social and support groups in person and online for gender diverse young people and adults, and their families and friends. They also provide digital resources on their website.	Email: admin@transfolkofwa.org Website: https://www.transfolkofwa.org/
WAAC	Provide health and counselling services to LGBTQA+ people of the Perth region and LGBTQA+ young people in Bunbury, Geraldton, and Kalgoorlie regions of WA.	Phone (Metro): (08) 9482 0000 Phone (Country callers): 1800 671 130 Email: hello@waac.com.au Website: https://www.waac.com.au/
Youth Pride Network	Peer-led and run LGBTQIA+ advocacy body for young people in WA who host community events, as well as provide digital resources on key community issues on their website.	Website: https://www.youthpridenetwork.net/

Australian GLBTIQ Multicultural Council	Provide a service directory of multicultural LGBTQA+ services and supports across Australia, as well as training for service providers that explores the intersections between race, culture, religion, and LGBTQA+ identities.	Website: https://www.agmc.org.au/
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Carer Supports

Support Service	Description	Contact details
Helping Minds (Weekdays: 8:30am to 4:30pm)	HelpingMinds offers a range of services and programs (e.g. counselling, support groups, workshops) intended to ease the difficulties of caring for someone going through mental health challenges.	Phone: (08) 9427 7100 Website: https://helpingminds.org.au/
Carer Gateway (Weekdays: 8am to 5pm)	Emotional, practical and financial support for carers. Carer Gateway is an Australian Government initiative providing a mix of free online, telephone and in-person supports, services and advice, for family carers in Australia. These services have been specifically designed and tested by carers to help reduce stress and build resilience in the caring role.	Phone: 1800 422 737 Website: https://www.carergateway.gov.au/
Carers WA (Weekdays: 8:30am to 4:30pm)	Carers WA supports the needs and interests of carers in Western Australia. They provide a range of free services for young carers (aged 8 - 25) including peer support groups, counselling, career planning and employment support.	Phone: 1300 227 377 Website: https://www.carerswa.asn.au Email: info@carerswa.asn.au
Parent and Family Drug Support Line (24 hours)	A confidential, non-judgemental telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or drug use.	Phone (Metro): (08) 9442 5050 Phone (Country): 1800 653 203 Website: https://www.mhc.wa.gov.au/parentandfamilydrugsupportline

Community groups (Wellbeing initiatives)

Support Service	Description	Contact details
Act, Belong, Commit	Act Belong Commit provides a mental wellbeing quiz and database of activities and events taking place in the community to encourage people to take action to promote their mental health and wellbeing.	Website: https://www.actbelongcommit.org.au
Activate Mental Health	Activate Mental Health is a dynamic mental health initiative that focuses on providing fun and engaging meetup opportunities as a means of promoting positive mental health and wellbeing for its members.	Phone: (08) 9364 6909 Email: hello@activatemh.com.au Website: https://www.activatemh.com.au/