

Mental Health Resources in Western Australia

Experiences like discrimination or harassment can impact how we feel and cope. If you need support, this resource outlines services that may be helpful.

SERVICES PROVIDING FREE IMMEDIATE SUPPORT

Lifeline | Phone: 13 11 14

24-hour crisis support for anyone experiencing emotional distress or feeling unsafe. Confidential support by phone and online.

Suicide Call Back Service | Phone: 1300 659 467

24-hour counselling for people affected by suicide, including those with suicidal thoughts, carers, and people bereaved by suicide.

QLife | Phone: 1800 184 527

Confidential peer support for LGBTIQ+ people, offering support with mental health, relationships, identity, and wellbeing.

13YARN | Phone: 13 92 76

24-hour culturally safe crisis support for Aboriginal and Torres Strait Islander peoples, delivered by Aboriginal and Torres Strait Islander counsellors.

RuralLink | Phone: 1800 552 002

RuralLink is a specialist after hours mental health telephone service for people in rural and regional Western Australia experiencing a mental health crisis.

Beyond Blue | Phone: 1300 22 4636

Support, information, and advice for anxiety, depression, and mental health. Available by phone and webchat.

MensLine Australia | Phone: 1300 789 978

Counselling and support for men experiencing mental health concerns, relationship issues, or emotional distress.

Samaritans WA | Phone: 08 6383 9850

Telephone support for adults aged 18+ who are experiencing distress, loneliness, or suicidal thoughts.

SANE Australia | Phone: 1800 187 263

Phone and digital support for people living with complex mental health issues, as well as families and carers.

Open Arms | Phone: 1800 011 046

Confidential counselling for current and former ADF members and their families, supporting mental health and wellbeing.

Pregnancy, Birth and Baby Helpline | Phone: 1800 022 222

24-hour phone support offering professional advice for parents and carers from pregnancy through early childhood.

Sexual Assault Resource Centre (SARC) | Phone: 08 6458 1820

24-hour crisis support, counselling, and medical and legal assistance for people impacted by sexual assault or abuse.

StandBy | Phone: 1300 727 247

Specialist emotional and practical support for people and communities bereaved or impacted by suicide.

Griefline | Phone: 1300 845 745

National support for anyone experiencing bereavement, grief or loss.

FAMILY AND DOMESTIC VIOLENCE SUPPORTS

If you or someone you know is in immediate danger, please call 000.

1800RESPECT | Phone: 1800 737 732

A free, 24-hour national helpline providing confidential counselling and support for people impacted by sexual assault, domestic and family violence, or abuse.

Full Stop Australia | Phone: 1800 385 578

Provides trauma-informed counselling and support for people impacted by sexual, domestic, and family violence. Services available nationally via phone and online.

WA Women's Domestic Violence Helpline | Phone: 1800 007 339

A free, confidential, 24-hour helpline for women in WA experiencing domestic and family violence, including support, safety planning, and referrals to local services.

Women's Crisis Line (WA) | Phone: 1800 811 811

24-hour crisis support for women in Western Australia experiencing domestic and family violence. Provides emotional support, safety planning, and referrals

Men's Referral Service | Phone: 1300 766 491

Confidential counselling and support for men who use violence or are concerned about their behaviour, as well as for partners seeking information and support.

Men's Domestic Violence Helpline (WA) | Phone: 1800 000 599

A 24-hour telephone service supporting men who are experiencing or using family and domestic violence, including advice, counselling, and referrals.

Rainbow Sexual, Domestic and Family Violence Helpline | Phone: 1800 497 212

Specialist support for LGBTIQ+ people impacted by sexual, domestic, or family violence. Offers confidential counselling and referrals in a safe and inclusive space.

Relationships Australia | Phone: 1300 364 277

Provides counselling, family violence support, relationship assistance, and behaviour-change programs for individuals, couples, and families.

TAILORED FREE SUPPORT SERVICES FOR YOUNG PEOPLE

Kids Helpline | Phone: 1800 55 1800

24-hour counselling for children and young people aged 5–25, supporting mental health, safety, and everyday challenges.

Freedom Centre | Phone: 08 9482 0000

In-person, phone or online counselling and support services for LGBTIQ+ young people and their families, focused on wellbeing and inclusion.

headspace | Phone: 1800 650 890

Mental health support for young people aged 12–25, including emotional wellbeing, relationships, and general health concerns.

ReachOut (Online Support) | Website: au.reachout.com

An online mental health service for young people offering anonymous support, practical tools, and moderated peer chats.

Youth Focus (Counselling Support) | Website: youthfocus.com.au

A professional counselling services for young people aged 12 to 25 to help navigate mental health challenges. Young people can access counselling services with no formal referral or mental health care plan, at no cost.

ONLINE SERVICE DIRECTORIES FOR ADDITIONAL SUPPORTS

Ask Izzy | Website: [Askizzy.org.au](https://askizzy.org.au)

A website that connects Australians with over 400,000 local services, such as housing, food, money help, health services, and family violence support.

Think Mental Health WA | Website: thinkmentalhealthwa.com.au

A searchable directory of mental health support services available across Western Australia. Includes supports for those in multicultural, regional and rural communities.

Centre for Women's Safety and Wellbeing | Website: csws.org.au/directory

A support and services directory for women looking for support when experiencing, or having experienced, abuse through family, domestic and/or sexual violence.

Call

General enquiries: 08 9216 3900
Country callers: 1800 198 149

 Interpreter service: 13 14 50

Online

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