

# MENTAL HEALTH HELP



**PAULINE  
TARRANT**  
CONSULTING

## LIFELINE CRISIS SUPPORT

Lifeline has trained crisis supporters available 24 hours a day, 7 days a week. They also offer an online Crisis Support Chat.

Telephone 13 11 14  
[www.lifeline.org.au/crisischat](http://www.lifeline.org.au/crisischat)

## SUICIDE CALL BACK SERVICE

Nationwide professional telephone and online counselling service for anyone affected by suicide, available 24 hours a day, 7 days a week.

Telephone 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

## PANDA

PANDA supports families during pregnancy and in the first year of parenthood, including postnatal psychosis support. Available 9am – 7.30pm Monday to Friday AEST.

Telephone 1300 726 306  
[www.panda.org.au](http://www.panda.org.au)

## MENSLINE AUSTRALIA

A telephone counselling service available 24 hours, 7 days a week, for men with relationship or family concerns.

Telephone 1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

## BEYOND BLUE SUPPORT SERVICE

A telephone counselling service available 24 hours a day, 7 days a week

Telephone 1300 224 636  
[www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support)

## KIDS HELP LINE

A telephone, web-based and email counselling service. It is available 24 hours a day, 7 days a week, for young people aged up to 25 years.

Telephone 1800 55 1800  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

## IN A CRISIS PLEASE CONTACT

## MENTAL HEALTH CRISIS NUMBER (24/7) WA

Mental Health  
Emergency Response  
Telephone 1300 555 788  
(Metro local call) or  
1800 676 822  
(Peel, free call)

Elsewhere call  
RuralLink on  
1800 552 002