



COVID-19 brief services referral guide

Mental health and wellbeing, and alcohol and other drug use

Someone seeking general information

Western Australian COVID-19 health, information and advice

Department of Health - Healthy WA

☎ 13 COVID (132 68 43)

🌐 healthywa.gov.au

General mental health and wellbeing

Think Mental Health

🌐 thinkmentalhealthwa.com.au

Act Belong Commit

🌐 actbelongcommit.org.au

Coping with isolation

Black Dog Institute

🌐 blackdoginstitute.org.au

Beyond Blue

🌐 beyondblue.org.au

Alcohol and other drug information

Alcohol.Think Again

🌐 alcoholthinkagain.com.au

Drug Aware

🌐 drugaware.com.au

Alcohol and Drug Foundation

🌐 adf.org.au

Harm Reduction Australia

🌐 harmreductionaustralia.org.au

Financial support

Financial Counsellors' Association of WA

🌐 financialcounsellors.org

National Debt Hotline

🌐 ndh.org.au

Small Business Development Corporation

🌐 smallbusiness.wa.gov.au

Homelessness and food security

Shelter WA

🌐 shelterwa.org.au

Food Bank

🌐 foodbank.org.au

Older Australians

Department of Health

🌐 health.gov.au

Resources for Aboriginal and Torres Strait Islander peoples

Strong Spirit Strong Mind

🌐 strongspiritstrongmind.com.au

Aboriginal Health Council of Western Australia

🌐 ahcwa.org.au

Someone requiring support

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).



Beyond Blue

Online and telephone support for anyone feeling anxious or depressed.

☎ 1300 22 4636

🌐 beyondblue.org.au



Lifeline

Support for anyone experiencing a personal crisis.

☎ 13 11 14

🌐 lifeline.org.au



Suicide Call Back Service

Online and telephone counselling for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

☎ 1300 659 467

🌐 suicidecallbackservice.org.au



Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

☎ 9442 5000 (Metro) or 1800 198 024 (Country)

🌐 mhc.wa.gov.au/alcoholanddrugsupportline



Kids Helpline

Counselling for young people aged 5 to 25 years.

☎ 1800 55 1800

🌐 kidshelpline.com.au



Women's Domestic Violence Helpline

Support, referral and counselling for people experiencing family and domestic violence.

☎ 1800 007 339

🌐 dcp.wa.gov.au



Mensline Australia

Supports men and boys dealing with family and relationship difficulties.

☎ 1300 789 978

🌐 mensline.org.au



Please note

This brief referral sheet does not capture all sources of information available and is a guide only to help navigate community and stakeholder queries. If a mental health and wellbeing, or alcohol and other drug related issue arises that is not covered on this referral sheet, please visit My Community Directory – Western Australia which provides information about community organisations who provide localised services within Western Australia. Please email MyServices@mhc.wa.gov.au if you have any questions or require further assistance.