

# WHERE TO FIND HELP FOR MENTAL HEALTH


If you or someone you know needs support with mental health visit the [True Sport – Mental Health and Wellbeing Community Links](#) page or scan the QR code to find a number of links to organisations that can help.

**Remember** – In an emergency contact 000. Otherwise a GP is the best place to start to access mental health support. They can direct you to appropriate services and discuss a referral (this includes potential Medicare rebated options).



## HEAD TO HEALTH

Head to Health provides free advice and connection to local mental health services that will be most suitable to your needs. Call 1800 595 212 between 8:30am to 5pm on weekdays (public holidays excluded)

 [headtohealth.gov.au](http://headtohealth.gov.au)


## CRISES RESPONSE: RESPONDING TO A SUICIDE CONCERN OR OTHER MENTAL HEALTH CRISES.

### LIFELINE

24-hour crises counselling


 [lifeline.org.au](http://lifeline.org.au)


 13 11 14

 Text on 0477 13 11 14 (12pm to midnight AEST) or chat online

### SUICIDE CALL BACK SERVICE

Supporting a suicide concern for you or someone else and suicide bereavement.


 [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)


 1300 659 467

## BEREAVEMENT AND POSTVENTION OF SUICIDE: SUPPORT IN RESPONDING

### STANDBY

Support and information after a suicide has occurred.


 [standbysupport.com.au](http://standbysupport.com.au)


 1300 727 247

## MENTAL HEALTH AND WELLBEING INFORMATION AND SUPPORT: FINDING INFORMATION, RESPONDING TO A GENERAL CONCERN OR ACCESSING SUPPORT.

### BEYOND BLUE


Telephone and online counselling as well as online resources and information


 [www.beyondblue.org.au/get-support/talk-to-a-counsellor](http://www.beyondblue.org.au/get-support/talk-to-a-counsellor)

 1300 224 636

### KIDS HELPLINE


Free confidential 24/7 online and phone counselling service for young people aged 5 to 25

 [kidshelpline.com.au](http://kidshelpline.com.au)

 1800 551 800

### HEADSPACE

Online, phone support and drop-in centres for 12–25 year olds

 [headspace.org.au](http://headspace.org.au)

**VISIT THE SPORTWEST WEBSITE FOR MORE PROVIDERS AND MORE INFORMATION – HELP IS AVAILABLE!**