



Services and resources for challenging mental health situations

Please note: The Child Development Service does not provide emergency mental health services.

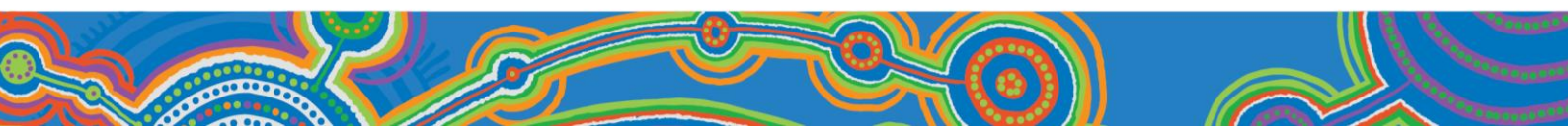
If you or someone you know is in a mental health crisis, access these services:

| Organisation | What is offered? | Service type and availability |
|--|--|--|
| Emergency | For anyone where life is in immediate danger. | 000 (24/7) |
| CAMHS Crisis Connect (cahs.health.wa.gov.au/CAMHS-ETS) | Telephone and video call support for children and young people in the Perth metropolitan area who are experiencing a mental health crisis, and advice for families. | Call: 1800 048 636 (24/7) |
| Hospital Emergency Departments | Perth Children’s Hospital (pch.health.wa.gov.au) – for children and young people . Local hospitals – for anyone . | Visit PCH: 15 Hospital Ave, Nedlands |
| Lifeline WA (wa.lifeline.org.au) | Confidential support provided by trained Crisis Supporters for anyone experiencing a personal crisis, contemplating suicide, or caring for someone in crisis. Crisis support available via phone, text, or on Create a personal safety plan for crisis or distress with the <i>Beyond Now</i> suicide safety plan app. | Call: 13 11 14 (24/7) Text: 0477 13 11 14 (24/7) Online chat: lifeline.org.au/crisis-chat/ (24/7) |
| Mental Health Emergency Response Line (mhc.wa.gov.au) | Telephone support for anyone (mainly adults) in the Perth metropolitan area experiencing a mental health crisis. Clinicians can provide assessment, crisis support, information and advice, and if required, referral to a local mental health or emergency service. | Metro: 1300 555 788 (24/7) Peel: 1800 676 822 (24/7) TTY: 1800 720 101 (24/7) |



Need an interpreter?

Phone the [Translating and Interpreting Service \(TIS\)](#) on **131 450** (24/7)



For mental health and wellbeing support, access these services and resources:

| Organisation | What is offered? | Service type and availability |
|---|---|--|
| General Practitioners (GP) | For anyone who needs ongoing support or referral, and/or to discuss a Mental Health Treatment Plan. Medicare rebates available for psychological appointments with psychologists and some other professionals. | GP's phone number: |
| Beyond Blue (beyondblue.org.au) | For anyone looking for confidential brief counselling. Provides information, advice, support and referrals. | Call: 1300 224 636 (24/7) Online chat: beyondblue.org.au/support-service/chat (24/7) |
| Head to Health (headtohealth.gov.au) | For anyone looking for digital mental health resources. Provided by the Australian Department of Health and Aged Care. Visit Languages other than English . | Trusted website and digital resources |
| headspace (headspace.org.au) | Provides mental health resources and services for young people (12 to 25 years) and their families. Find a centre near you . | Call: 1800 650 890 (9am-1am AEST, 7 days) Online chat: headspace.org.au/log-in (9am-1am AEST, 7 days) |
| healthdirect (healthdirect.gov.au) | For anyone who needs health advice or to find a GP, pharmacy, emergency departments, hospital or psychologist. | Call: 1800 022 222 (24/7) |
| 13 YARN (13yarn.org.au) | 13YARN is a crisis support line with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours/7 days a week. | Call: 13 92 76 (24/7) |
| Kids Helpline (kidshelpline.com.au) | For children and young people aged 5 to 25 years. Provides a free, confidential phone and online counselling service for any issue. Also provides an online peer support group for 13 to 25 year olds. | Call: 1800 551 800 (24/7) Online chat: kidshelpline.com.au/get-help/webchat-counselling (24/7) |

For more information about the metropolitan **Child Development Service** phone 1300 551 827 or visit cahs.health.wa.gov.au/ChildDevelopment

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

