****

**Getting Help**

If you or someone you know needs help with mental health, one useful place to start is your local GP (doctor) or call after hours GP Helpline on **1800 022 222**. A range of other mental health professionals can also help.

If you feel someone is at risk of harm or in an emergency call **000**.

For mental health emergency assessment, support and referral call Mental Health Emergency Response Line (MHERL).

* MHERL metro-1300 555 788
* MHERL Peel-1800 676 822
* Rural Link-1800 552 002

Alternatively, go to your nearest public hospital emergency department.

If you need someone to talk to, contact:

* Crisis Care Helpline-1800 199 008
* Kids Help Line-1800 551 800
* Lifeline-13 11 14 or online chat at [www.lifeline.org.au](http://www.lifeline.org.au)
* Suicide Call Back Service-1300 659 467
* Youthbeyondblue-1300 224 636
* Men’s Line Australia-1300 789 978
* Headspace- [www.headspace.org.au](http://www.headspace.org.au)
* Reach Out- au.reachout.com
* Youth Focus- [www.youthfocus.com.au](http://www.youthfocus.com.au)

For a detailed list of mental health services and supports visit the Mental Health Commission’s website at

[www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au)