



# Feeling overwhelmed by COVID-19 and need some support? Talk to someone.

## Mental health support lines

Helping Minds provides free emotional support services.

You can access three free phone or video counselling sessions with a mental health professional, without the need for a GP referral.

Appointments can be made between 8.30am-4.30pm Mon to Fri.

Phone and video counselling appointments are available between 7am and 7pm.

Helping minds can be contacted on 1800 811 747 or through their website at [helpingminds.com.au](http://helpingminds.com.au)

## For urgent support contact Lifeline on 13 11 14

Beyond Blue: 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au)

MindSpot Clinic: 1800 61 44 34 or [mindspot.org.au](http://mindspot.org.au)

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)

## Alcohol and drug support lines

Alcohol and Drug Support Line (08) 9442 5000

Country Toll-free: 1800 198 024

Parent and Family Drug Support Line (08) 9442 5050

Country Toll-Free: 1800 653 203

For more information visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

  
think  
MENTAL HEALTH