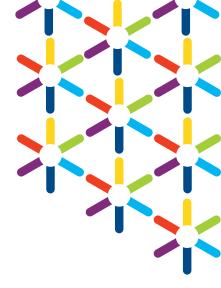
Feeling overwhelmed by COVID-19 and need some support? Talk to someone.



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

For urgent support contact Lifeline on 13 11 14

Beyond Blue: 1300 224 636 or beyondblue.org.au MindSpot Clinic: 1800 61 44 34 or mindspot.org.au Kids Helpline: 1800 55 1800 or 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

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MENTAL HEALTH

For more information visit thinkmentalhealthwa.com.au