



**think**  
MENTAL HEALTH



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national

Improving  
Mental Health  
and Wellbeing

# Aftercare Supports Following a Suicide Attempt

Free community support and services  
following a suicide attempt.

**Perth Metropolitan  
2023-2024**



## **Need more help with information?**

WA Sector Navigation support:

Peer Pathways: (08) 9477 2809 (Mon-Fri, 9am – 5pm)

Here For You: 1800 437 348 (7 days, 7am – 10pm)



## Disclaimer

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The information in this guide is for general use only. While Neami National has made every effort to ensure the information in this guide is accurate, the advice within it may not apply to all circumstances. Neami is not responsible for the suitability of the information for your specific circumstances, or any actions taken because of the information included in this guide. You must make your own assessment of the information contained in this document and whether you choose to rely on it.

## Contact us

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Please notify us of any edits or changes to the services listed by emailing [spc.metro@neaminational.org.au](mailto:spc.metro@neaminational.org.au)

## Acknowledgments

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Thanks to all those who provided their ideas and feedback in the development of this resource. A special thanks to those in the RUAH Choices Program, CoMHWA, Safe Haven and the social work staff at Armadale Health Service that contributed.

This resource acknowledges the diverse needs of our community.

You can find services led by and designed for the **LGBTQI+**, **Aboriginal** and **Multicultural** communities through the below icons.



	<b>Translating and Interpreting Service (TSI)</b>	For a free-of-charge translator or interpreter phone <b>131 450</b>
	<b>If you have hearing or speech loss</b>	<b>TTY: 1800 555 677</b> <b>Speak and Listen: 1800 555 727</b>

## This Resource

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This booklet is designed to support individuals discharged from the hospital, following an attempt on their life. It aims to inform and help navigate some of the key free supports and services that exist in Perth for those with a lived experience of thoughts of suicide. It also includes support for loved ones and carers.

## Everyone's recovery is different

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There are many ways toward recovery. It might feel overwhelming to start, but engaging with the following supports may help you, or the person you are caring for, along the path to recovery.

<b>Mental Health and Other Support Lines.....</b>	<b>3</b>
<b>Mental Health Crisis Diversion.....</b>	<b>6</b>
<b>Counselling .....</b>	<b>8</b>
<b>Wellbeing Support Services.....</b>	<b>13</b>
<b>Resources.....</b>	<b>15</b>
<b>Advocacy Support.....</b>	<b>18</b>

- 1. Learn about the crisis and support hotlines** (pages 3-5)
- 2. Build your support system:** Draw it out, and make sure you clarify with yourself whom you know you can turn to in difficult times (pages 9-17).
- 3. Learn more about mental health and your experience.** (pages 18-21)
- 4. Participate in community support programs and or in a peer-support group.** (page 20)
- 5. Create a safety plan:** with the support of your doctor, social worker and/ or someone you trust (see the toolkits listed on page 18).

# Mental Health Support Lines

If you or someone you know is at immediate risk of harm call 000

All listed helplines are free and confidential.

General Men Cultural Youth Parenting Other Navigation

General		
<b>Mental Health Emergency Response Line</b>	Telephone Mental Health Crisis support from a qualified Mental Health clinician. For Western Australians experiencing a mental health crisis and/or those supporting them.	1300 555 788 (Metro), 1800 676 822 (Peel), 24/7
<b>Suicide Call Back Service</b>	Ages 15+ feeling suicidal, lost someone by suicide, or caring for someone who is feeling suicidal. Provides support with safety and goal planning and service navigation. Up to 6 further sessions can be scheduled.	1300 659 467 Or online chat. 24/7
<b>Lifeline</b>	Compassionate support for people in crisis.	13 11 14 24/7
<b>beyondblue</b>	Online and telephone support for anyone feeling anxious or depressed.	1300 224 636 24/7
<b>Suicide Prevention Peer CARE Connect</b>	A 'warmline' call-back service, for those who have lost someone to suicide, are caring for someone, has survived an attempt, or have been living with your own suicidal thoughts. Connect to a similar lived-experience peer.	1800 777 337
<b>Crisis Care Helpline</b>	Crisis support if you are concerned about a child's well-being, escaping domestic violence, or experiencing homelessness.	08 9223 1111 or 1800 199 008 (Country Toll Free)
<b>Here for you</b>	One-to-one support from a counsellor or relevant professional peer practitioner.	1800 437 348 7am-10pm

Men		
<b>Men's Line Australia</b>	Online and phone counselling support for men with concerns about mental health, anger management, family violence, addiction, relationship, stress, and well-being.	1300 789 978 24/7
<b>Dads in Distress</b>	Generalised counselling supporting dads and their families.	1300 853 437 Mon-Fri 8:30am-5pm AEST

## Cultural

<b>13Yarn</b> 	Provides one-on-one yarnning if you're feeling overwhelmed or having difficulty coping with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.	13 92 76 24/7
<b>Brother to Brother</b> 	Support for Aboriginal men in need of yarn. Staffed entirely by Aboriginal men (including Elders) who have relevant lived experience and expertise.	1800 435 799 24/7
<b>Multicultural Mind Hotline</b> 	Can arrange a call back from a trained Psychologist / Counsellor. Staff liaises with local communities and services to identify who is best placed to provide the help.	1300 643 287
<b>Hayat Line</b> 	A crisis support line for Muslims in Australia supporting individuals when experiencing a personal crisis or emotional distress.	1300 993 398 Monday to Friday, 9am-5pm

## Youth

<b>KidsHelpline</b>	Online and phone counselling service for young people aged 5 to 25.	1800 551 800 24/7
<b>eheadspace</b>	Online and phone support and counselling to young people 12 - 25 years and their families and friends.	1800 650 890 9am - 1am AEST
<b>CAMHS Crisis Connect</b>	Mental health advice and support for children and young people (aged under 18) in the metropolitan area.	1800 048 636 24/7

## Parenting

<b>PANDA</b> (perinatal anxiety and depression)	Supports women, men and families affected by anxiety and depression during pregnancy and in the first year of parenthood.	Monday to Friday 9am-7.30pm AEST 1300 726 306
<b>For When</b>	Connects parents to navigate pregnancy and new parenthood to the critical mental health services you might need most.	1300 24 23 22 9am-4.30pm Monday to Friday
<b>Family Relationship Advice Line</b>	Help for families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services.	1800 050 321 Mon - Fri 8am to 8pm + Saturday 10am - 4pm

Other Specialised Supports		
<b>QLife</b> 	Anonymous telephone and webchat LGBTI peer support for people to discuss sexuality, identity, gender, bodies, feelings or relationships.	3pm to midnight 1800 184 527
<b>Butterfly Foundation</b> (Eating disorders)	For anyone concerned by eating disorders or body image issues. All counsellors are qualified mental health professionals.	8am to midnight AEST 1800 334 673
<b>Child Protection and Family Support Crisis Care Helpline</b>	Provides support if you are concerned about the well-being of a child, you are escaping domestic violence and need help or experiencing homelessness.	08 9223 1111 or 1800 199 008 (Country Toll Free)
<b>1800 RESPECT</b> (Domestic Violence)	Sexual assault, family and domestic violence counselling line for those who has experienced, or is at risk of, family and domestic violence and/or sexual assault.	1800 737 732 24/7
<b>National Debt Helpline</b>	Free and confidential advice from professional financial counsellors.	1800 007 007 9:30 am -4:30 pm, Monday to Friday
<b>Mental Health Carer Helpline</b>	Information and advice for carer support.	1300 554 660
<b>FriendLine</b>	Supports anyone who's feeling lonely, needs to reconnect or just wants a chat.	08 6118 0587 8am – 6pm

Navigation Support		
<b>Peer Pathways</b>	Assistance in WA to locate and access mental health and other care and supports over the phone or by email. Confidential support without judgement.	Monday – Friday 9am-5pm (08) 9477 2809
<b>Healthdirect</b>	Speak to a registered nurse for 24-hour health advice.	1800 022 222 24/7

# Mental Health Crisis Diversion

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If you or someone you know is at immediate risk of harm, attend the nearest Hospital Emergency Department or call 000. If you require support to divert a mental health crisis from occurring, the following services are available:

## Safe Haven

A calm, gentle, quiet space where people can receive early intervention distress management and problem-solving support from both peer and clinical staff. The Safe Haven requires all people who self-present or are referred to Safe Haven to be willing and able to act in a safe and responsible manner on site.

**Where:** Victoria Square, opposite St Mary's Cathedral. Press the intercom on the door to enter. Open Friday to Sunday 3pm – 7.45pm

**How:** Self-referral walk-ins or ED and community-managed organisation and community mental health clinics referrals.

## Choices Program

Offers adults (over 18) ongoing support in the community post-discharge by connecting them to primary healthcare and social support services. The program runs daily from 8am-4pm, offering peer support and case management to facilitate access to primary and secondary care and community support services by addressing underlying, unmet needs to prevent hospital readmission.

**Where:** Royal Perth Hospital, Rockingham General Hospital, Peel Health Campus, Armadale Health Services, Joondalup Health Campus and St. John of God Midland Hospital.

**How:** Hospital referrals from ED staff or social work team. Call on 13 78 24

## Mental Health Emergency Response Line

24-hour telephone service for people in Perth experiencing a mental health crisis. The service aims to keep individuals safe by connecting them with appropriate support services.

It provides contact with a trained mental health clinician who can provide:

- ✓ mental health assessment
- ✓ crisis support, crisis planning and brief intervention
- ✓ mental health information, advice and system navigation
- ✓ referral to a mental health or emergency service when more than telephone support is required.

**Who:** For individuals experiencing a mental health crisis who feel that they need urgent assistance or any witness to a mental health crisis with need for assistance, health professionals and community welfare service providers.

**Call:** 1300 555 788

## **Hospital to Home**

The MIFWA Hospital to Home Program is a peer-led service that supports people who have been in hospital due to experiencing mental distress to return home following a hospital stay.

**Contact:** [info@mifwa.org.au](mailto:info@mifwa.org.au) or call 9237 8900.

## **Head To Health Midland**

A walk-in service for adults (over 18), offering free advice and support to people experiencing mild to moderate mental health concerns, including stress and anxiety, as well as their family members, carers and friends.

Services include initial assessment, one-to-one counselling, access to therapy groups, support from people with lived experience and care coordination with other agencies (e.g. NDIS).

**Where:** 23 Old Great Northern Highway, Midland. Open 10am-8pm every day

**Contact:** 1800 161 178

**How:** Services are free, and an appointment is not needed. Referrals are accepted but not necessary to access the service.

## **Step-Up/Step-Down Program**

Short-term residential support and individualised care for people following discharge from the hospital, or for those in community experiencing a change in their mental health and seeking to avoid a possible hospitalisation.

24-hour support and a range of individual and group rehabilitation and recovery programs. Clinical supports and treatment are available as required. The service is not a replacement for acute inpatient care but an option that can prevent the need for hospitalisation.

**Where:** Joondalup, Geraldton, Kalgoorlie, Albany

**Who:** 16 + years experiencing significant mental health challenges.

**How:** Referrals by contacting your closest facility see website:

<https://www.neamination.org.au/our-services/residential-mental-health/>

## **Youth Sanctuary (opening November 2023)**

A non-medical trauma-informed therapeutic self-contained residency stay for a maximum of four nights, during which they will have 24/7 support and supervision (up to five young people at a time). Other than the residents and staff/volunteers, there will be no visitors.

**How:** Referrals can be by anyone including family, or they can refer themselves and get active support and intervention before reaching crisis point.

**Where:** Address provided once accepted.

**Who:** 16 to 24, experiencing suicidal thoughts, from WA



# Counselling

## **360 Health + Community - Alive Program**

Counselling sessions to help people experiencing suicidal thoughts and self-harm. Involves registered clinicians that deliver regular sessions for up to three months.

**Who:** Aged 17 and over, at moderate to high risk of suicide or self-harm, who do not require immediate emergency support and are not engaged in long-term case management.

**How:** Referrals for ALIVE are accepted from patients, family members, GPs, hospitals, and other healthcare professionals. Download the [Referral Form](#)

(PH) [1300 706 922](tel:1300706922) or (E) (Perth Metro) [info@360.org.au](mailto:info@360.org.au)

## **Richmond Wellbeing - MH Connex program**

A 3-month program providing personalised mental health support, providing intensive care management and connections to other treatment options and services. MH Connex acts as a bridge between the GP and other mental health services.

**Who:** 18+ experiencing severe and complex mental illness in the Perth Metro area.

**How:** requires a Mental Health Care Plan from a GP

(PH) [\(08\) 9350 8800](tel:0893508800) or (E) [MH.Connex@rw.org.au](mailto:MH.Connex@rw.org.au)

## **Relationships Australia - Moorditj Yarning**

A place and opportunity where Aboriginal people can feel comfortable to talk about what is on their mind. Services are generally provided at one of our branches which are conveniently located throughout the metropolitan area. Wherever we meet, we make you feel welcome and respected.

**How:** You can self-refer by calling [1300 364 277](tel:1300364277)



## **Yorgum Healing Services - Counselling**

Yorgum provides all Aboriginal people and their families with a wide range of culturally secure, community-based healing services that utilise a trauma-informed approach to positively impact their social and emotional wellbeing.

**How:** You can self-refer by contacting Yorgum or using their online [Referral Form](#) or call [1800 469 371](tel:1800469371)



## **Association For Services For Torture And Trauma Survivors (ASeTTS)**

ASeTTS provides specialised counselling services to adults, adolescents and children with a refugee-type background that have experienced torture or trauma. All ASeTTS services are free for clients, including interpreters as required.

**How:** You can self-refer by contacting ASeTTS or using their online referral form.

(PH) [9227 2700](tel:92272700)



### Multicultural Futures

Free counselling for individuals from a migrant and refugee background. They also provide mental health advocacy, information, and referrals. This is a metro-wide service, both outreach and in-house. You can self-refer by contacting Multicultural Futures (no-Medicare required).

(PH) (08) 9336 8282



### ISHAR

Free counselling sessions where women can discuss any issues regarding sexual health, becoming a mother, being a carer, reproductive health, and dietary advice. Psychological therapy and counselling provided by trained clinical psychologists with a wealth of experience and knowledge in the trans-cultural mental health field.

**Who:** anyone who identifies as a woman and anyone who was assigned female identity at birth.

(PH) (08) 9345 5335



### Rainbow Community House

Counsellors with specialised skills, knowledge, and experience in LGBTI service provision. For LGBTQIA+ youths aged 12 to 25. Call or visit their website [www.rainbowch.org](http://www.rainbowch.org) to make an appointment.

**Where:** 4 View Street, North Perth, WA 6006

(PH) (08) 6370 4210



### Open Arms

Open Arms offers free and confidential access to individual counselling, mental health support, case management, psychoeducation workshops and group programs for current and former Australian Defence Force personnel and their families. **Safe Zone Support** is an anonymous counselling line providing access to specialised counsellors without requiring the caller to identify themselves

**Contact:** Client Assist Call Centre is available 24/7 on 1800 011 046 for all enquiries. Or Safe Zone Support directly on 1800 142 072

### Mind Spot

A digital mental health service designed to assist people across WA to access free, high quality mental health assessment and treatment. They use digital methods like phone, internet, and post to help connect people with help across WA and can connect people with in-person treatment.

**Who:** Adults (18 and over) with mild-moderate symptoms of low mood, depression, stress, anxiety, or substance use problems, who may be having difficulty accessing mental health care for reasons of finances or access.

**How:** Self-referral or referral from your GPs or Health Professional through their website [www.mindspot.org.au](http://www.mindspot.org.au)

## Mental Health Treatment Plan

Your local GP is available to assist you and connect you with mental health support services. A mental health treatment plan lets you claim a Medicare rebate for up to 20 sessions with a mental health professional each calendar year.

To start with, your doctor can refer you for up to six sessions at a time. If you need more, they can refer you for further sessions with eligible psychologists, occupational therapists and social workers. Book a longer consultation to ensure you have enough time to discuss your mental health and care plan with your doctor.

*Cost Disclaimer: Medicare does not cover the full cost of all practitioners, chat with your doctor about what you need. Health professionals determine their own fees. This means that if the cost of the appointment is more than the Medicare rebate you will have to pay the gap between the rebate and what they charge for their services.*

## Employee Assistance Programs

Many medium to large size workplaces provides an Employee Assistance Program, also known as EAP which can have free counselling support. You may like to consider using an EAP if available to you, these are usually confidential and free of charge.

## Tertiary Student Services

**UWA:** 3 counselling appointments per calendar year (PH) 6488 2423.

**CURTIN:** Counselling that focuses on short-term therapy (PH) (08) 9266 7850

**MURDOCH:** 6 counselling appointments per year (PH) (08) 9360 1227

**ECU:** Find the contact details of your campus Counselling Service [online](#).

**NOTRE DAME:** 6 counselling appointments per semester (PH) (08) 9433 0580

**TAFE:** Speak to your lecturer, who will help you make the booking. Or call 9427 1314.

## Counselling For Youth

The WA Mental Health Commission (WA MHC) defines youth as aged 16 to 24.

For urgent mental health help or advice for children and young people, call [CAMHS Crisis Connect](#) on [1800 048 636](#), 24 hours a day, 7 days a week.

## Youth Mental Health

An integrated triage and entry process exists between Youth Axis, YouthLink and YouthReach South. Contact the YMH Triage Officer for initial referral,

**How:** Referrals/Triage (ph) 1300 362 569 (Email) referral form [youthmhtriage@health.wa.gov.au](mailto:youthmhtriage@health.wa.gov.au) or (Fax) referral form to (08) 9287 5762

**When:** Monday to Friday, 8:30am – 4:30pm

### Youth Axis:

Early intervention service for 16-24 years presenting with ultra-high risk of psychosis and/or features of an emotionally unstable personality disorder. Targets young people who have not had extensive treatment by a specialist mental health service for these presenting problems. The program will support people for up to 6 months.

**Youth Link:**

A specialist mental health service providing counselling, therapy and case management to young people aged 13-24 years in the North Metropolitan area with significant mental health problems and barriers to accessing mainstream services. Barriers typically include homelessness and transience, limited support networks, cultural barriers including Aboriginal or Torres Strait Islanders, identity and marginalisation due to diverse sexuality and gender.

**Youth Reach South:**

A specialist mental health service providing counselling, therapy and case management to young people aged 13-24 years in the South Metropolitan area with serious mental health problems and barriers to accessing mainstream services. Barriers typically include homelessness and transience, limited support networks, cultural barriers including ATSI identity and marginalisation due to diverse sexuality and gender.

**Gender Pathways Service (GPS):**

Provides specialist gender diversity consultation, training, community development, referral information and assessment for suitability and readiness for gender-affirming medical treatment such as hormones and/or surgery.

**Youth And Adult Complex Attentional Disorders Service (YACADS)**

Provides specialist consultation, assessments, and treatment for individuals with a history of complex attention and hyperactivity symptoms and co-occurring Axis 1 or Axis 2 diagnosed mental health conditions.

For more details visit [NMHS Youth Mental Health webpage](#)

**Anglicare Cypress Program (Children bereaved by suicide)**

Long-term support service for children and young people between the ages of 6 and 18 who have been bereaved by suicide. Support is offered with outreach, counselling, support groups and more.

**Lifeline DBTeen**

A dialectical behaviour therapy (DBT) informed program delivered in a Primary Care environment, offering mental well-being skills training for young people aged 14-18. Must be accompanied by an adult. Criteria: Self-harming, emotional dysregulation, low distress tolerance, AOD use.

**How:** contact to go on the waitlist for the next available program  
[reception@lifelinewa.org.au](mailto:reception@lifelinewa.org.au)

**Youth Focus**

Counselling for young people aged 12 to 25 that is free of charge, confidential, doesn't require a formal referral and is available across Western Australia from six offices, via web counselling or within a number of schools and outreach locations.

**How:** Service Providers can email [duty.officer@youthfocus.com.au](mailto:duty.officer@youthfocus.com.au) or call to speak to their intake team. Self-referrals can be completed on their website or over the phone. (PH) (08) 6266 4333

### **Kidshelpline**

Free (even from mobile) 24/7 confidential online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, Phone or Email anytime and for any reason.

**How:** Visit online at [kidshelpline.com.au](http://kidshelpline.com.au) or call 1800 55 1800

### **Ngatti House**

The house is staff 24 hours a day with caring and skilled workers who work with residents to imagine a meaningful future, identify goals they would like to achieve and use their strengths and skills to propel them forward.

**(PH):** 08 9432 1100 **Address:** 5 – 9 Alma Street, Fremantle WA 6160

### **MIFWA Support for Young People (EIRP)**

MIFWA's Early Intervention Recovery Program (EIRP) is for young people aged 16 to 30 years who have been diagnosed with mental health challenges, including the first episode of psychosis. Supports you to re-establish or maintain social, professional and educational networks.

**Contact:** [info@mifwa.org.au](mailto:info@mifwa.org.au) or call 9237 8900.

### **Swan City Youth Service**

A walk-in service for young people aged 12-25, that is a one-stop-shop, with a variety of programs and support for young people that builds on your individual strengths, increases confidence and trust, so you can find safety, hope and success. Provides inhouse informal counselling and general mental health support services during opening hours. There's no waitlist, no appointments, no cost and no cut-off times.

**Where:** 12 Padbury Terrace, Midland. Open 10am - 6pm, Monday to Friday

**Contact:** (08) 9274 3488

## **Young Carers**

### **Helping Minds**

Individual and in-school counselling to people in WA who are supporting a family member or a friend living with mental health challenges.

Phone counselling is also for people in regional and remote WA. **(PH):** (08) 9427 7100

### **Carers WA**

Provides a range of practical and capacity-building supports for unpaid family/friend carers supporting a loved one experiencing mental health challenge (doesn't have to be diagnosed), disability, long-term health condition (including chronic or terminal illness) substance dependency or who is frail aged. There is also a Young Carer outreach team working with families and young carers aged 8 – 25yrs, as well as an Aboriginal Engagement and Carer Support Counselling team.

**(PH)** 1800 422 737 Mon to Fri, 8am to 5pm

# Wellbeing Support Services

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## Neami National - Community-Based Mental Health

Provides both individual and group programs support through their adult community mental health program. Support is strengths-based and aims to identify personal values and goals and work together to achieve them. A multi-disciplinary team of community support workers run the programs, including people with a lived experience of mental health.

**Who:** Individuals currently engaged with an external mental health provider, diagnosed with a mental health condition, and not receiving NDIS support.

**How:** Referrals can be made by individuals, carers, families, mental health professionals and other health care providers. You can find the WA Community-based Mental Support Referral Form on their [Neami Perth website](#).

**(PH):** 08 6252 0420 **(E)** [perthoffice@neaminational.org.au](mailto:perthoffice@neaminational.org.au)

## Grow Program (including for Carers)

Designed and delivered by consumers, it provides peer-supported programs for growth and personal development for people experiencing mental health difficulties and individuals having trouble with life's challenges. All weekly 2-hour structured meetings are free, confidential, and anonymous.

**How:** Sign up for a *Welcome to Grow* orientation session that takes place twice a week, which you can find on <https://grow.org.au/welcome-to-grow/>

**(PH):** 1800 558 268 **(E)** [wa@grow.org.au](mailto:wa@grow.org.au)

## MIFWA - Lorikeet Centre

Member-driven community centre supporting people living with mental illness. Providing a place for people to go, to hang out without judgment, and to be set up with supports if they are in need.

**How:** Contact to attend an information session, then apply to become a member.

**Contact:** [lorikeet@mifwa.org.au](mailto:lorikeet@mifwa.org.au) or call 9237 8951.

## Richmond Wellbeing - Living Recovery Program

Focuses on rebuilding and reconnecting with yourself and others. It is a place to explore a vision, nurture courage and belief, while actioning a plan to create a rich and meaningful life. Following the program, an additional six months of support is offered to maintain the momentum of each participant's recovery journey.

**Who:** 18-65 years of age, currently experiencing mental health difficulties.

**How:** Submit the referral form on their website [online](#) to [intake@rw.org.au](mailto:intake@rw.org.au), or call 1800 742 466 to speak with a team member.

## Discharged (for trans and gender-diverse people)

Discharged hold weekly online (Wednesdays 5pm via Zoom) and in-person (Monday at 6:30pm in West Leederville) suicide peer support groups for trans and gender



diverse people. The group is a space for people to talk about, vent, sit with, or make sense of suicidal experiences.

**Who:** 18+ years old Trans and gender diverse people with personal experience of suicidal thoughts, feelings or actions.

**Contact:** send an email at [info@discharged.org.au](mailto:info@discharged.org.au) to join this group or visit the website <https://discharged.org.au>



## Mates In Construction

Provides free and confidential case-management support for all construction and mining employees & their families. Case managers provide empathic, short-term support and referral based on your identified needs and goals. They do not provide long-term counselling; but will refer you to specialist services for ongoing care where appropriate, and follow-up to ensure your needs are being met.

(PH): MATES Helpline 24/7 - 1300 642 111 (E): [waadmin@mates.org.au](mailto:waadmin@mates.org.au)

## Freedom Centre

Provides safe social spaces, peer support, information and referral for young gay, lesbian, bisexual, trans, intersex, queer and questioning young people under the age 26 in Perth. They host drop in spaces which are safe spaces to hang out, have fun, meet other young people who are Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Questioning (and otherwise diverse in their sexuality and/or gender).

**Address:** 10A Frame Court, Leederville 6007

(PH): 0419945219 (E): [info@freedom.org.au](mailto:info@freedom.org.au)



## Derbarl Yerrigan Health Service INC

Counselling service that supports those who identify as being Aboriginal the opportunity to work through their challenges. These challenges may include trauma, anxiety and depression. The role of the counsellor varies from having a good yarn to providing more specific therapies for each client.

**How:** To make an appointment, clients may be referred by their GP. Otherwise, please enquire with the East Perth clinic about self-referral.

(PH): 9421 3888 **Address:** 156 Wittenoom St East Perth WA 6004



## Wungen Kartup Specialist Aboriginal Mental Health Service

A highly specialised Aboriginal-led mental health service that provides best practice care to Aboriginal people aged 18 years or older within the Perth metropolitan area. Provides culturally secure, multidisciplinary intensive, specialised evidence-based mental health interventions for clients who are unable to be fully supported by other social and emotional wellbeing services.

(PH): (08) 9224 8935 (E): [wungenkartupreferrals@health.wa.gov.au](mailto:wungenkartupreferrals@health.wa.gov.au)



## Munda Mia Therapeutic Community

A 20-bed women's only treatment service providing education and support to women with the option to bring their children (5 years and under) into treatment with them. The program focuses on family and domestic violence education, support with homelessness, parenting skills and co-occurring mental health concerns.

**How:** contact them on 9328 9200 or email [enquiry@cyrenianhouse.com](mailto:enquiry@cyrenianhouse.com)



## Resources

Everyone heals in their own way and time. Check out some of the diverse range of resources that exist and see which one you feel is right for you.

Be mindful that the information in the resources below is not professional medical advice and should only be used as a guide.

### Toolkits:

A safety plan is valuable a tool for navigating suicidal feelings and urges.

Beyond Blue	<a href="#">Download the Finding your way back booklet</a> from Beyond Blue's Website.
Suicide Call Back Service	You can read more information on <a href="#">going home from hospital</a> or <a href="#">how to create a safety plan</a> on their website.
CoMHWa	<a href="#">Finding your pathway to Wellbeing</a> workbook. <i>Find Your Path. Build Your Support Team.</i> A workbook to help you navigate your pathway and assist you to create a strong support team. Find it online or contact CoMHWa
National Suicide Prevention Lifeline (America)	"With Help Comes Hope" webpage has information for survivors, friends and families, and clinicians. It has survivor stories, self-care tips, " <b>7 things attempt survivors wish their friends and families knew,</b> " videos, and more. <a href="http://lifelineforattemptsurvivors.org">http://lifelineforattemptsurvivors.org</a>
Save	Webpage for <a href="#">Suicide Attempt Survivors</a> has suggestion with some key links for actions you can take.
Samaritans	<a href="#">Supporting someone with suicidal thoughts- Safety Planning</a>

### Directories:

Find support more helpful and supportive for your own specific needs.

Head2health	<a href="http://www.headtohealth.gov.au/">www.headtohealth.gov.au/</a>
My Community Directory	<a href="http://www.mycommunitydirectory.com.au">www.mycommunitydirectory.com.au</a>
Think Mental Health	<a href="http://www.thinkmentalhealthwa.com.au/">www.thinkmentalhealthwa.com.au/</a>
Strong Spirit Strong Mind	<a href="http://strongspiritstrongmind.com.au/getting-help/">strongspiritstrongmind.com.au/getting-help/</a>



## e-Mental Health Programs:

<b>Mood Gym</b>	Free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.
<b>E-Couch</b>	Interactive program with modules for depression, anxiety and worry, social anxiety, relationship breakdown, and loss & grief.

## Mobile Phone apps:

<b>Beyond Now</b>	Suicide safety planner: Helps you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis.
<b>ReMinder Suicide Safety Plan</b>	Create a simple suicide safety plan that can be accessed at any time.
<b>iBobbly</b>	Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Australians
<b>Voice of Health</b>	Share and talk freely with Active Listeners who have a similar lived experience.
<b>Headspace</b>	Mindfulness and meditation guidance.
<b>Happify</b>	Science-based activities and games to support you to overcome negative thoughts, stress, and life's challenges.

## Advocacy:

Use your experience to take part in the consumer movement in WA.

Become a member and sign up to organisations listed	
<b>Consumers of Mental Health WA (CoMHWA)</b>	Independent mental health advocacy to help people with mental health challenges who face complex issues or are unable to access advocacy support. Advocacy needs can be broad and unique to everyone.
<b>Youth Affairs Council WA</b>	The peak non-government youth organisation in Western Australia.
<b>Lived Experience Australia</b>	A national advocacy organisation for people with a mental illness, their carers and family members to improve mental health policy, planning and decision making in government at all levels.
<b>SANE Australia</b>	A national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy.

## Online Forums

A great way to write out and discuss your experiences to others who have been through similar lived experiences, with health professionals in the background to make sure everything is safe and supportive.

Ruah - SANE	<a href="https://ruah.saneforums.org/">https://ruah.saneforums.org/</a>
Beyond Blue	<a href="https://www.beyondblue.org.au/get-support/online-forums">https://www.beyondblue.org.au/get-support/online-forums</a>
Kidshelpline	<a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>

## Meet Peers:

Connect with others to share and learn from experience

Connect Groups	Provides support and assistance for individuals and support groups with start-up, ongoing development, advocacy, and networking. You can search for a support group through their online directory. (ph) 9364 6909 (w) <a href="https://connectgroups.org.au/directory/">https://connectgroups.org.au/directory/</a>
Connections Program	An online platform where suicide attempt survivors or those who have experienced suicidal thinking can connect with other suicide attempt survivors to receive support and guidance as they embark upon their journey to recovery. (w) <a href="https://save.org/peersupport/">https://save.org/peersupport/</a>
Grow Groups	Weekly meetings of small groups of people who have experienced depression, anxiety or other mental or emotional distress, and those who have a mental illness diagnosis, who come together to help each other deal with the challenges of life. (ph): (08) 9228 1411 (w) <a href="http://grow.org.au/wa">grow.org.au/wa</a>
Men Shed	Men's sheds provide a safe, friendly and inclusive environment where men can meet locally and work on meaningful projects. (w) <a href="https://mensshed.org/find-a-shed/">https://mensshed.org/find-a-shed/</a> (ph) 1300 550 009 (e) <a href="mailto:amsa@mensshed.net">amsa@mensshed.net</a>
Australian Dads Network	Join Dads from across the country in this dad only community. <a href="https://www.facebook.com/australiandadsnetwork/">https://www.facebook.com/australiandadsnetwork/</a>

## Podcasts:

Hear and understand more about suicide and how others managed their recovery journey, by **listening to podcasts**.



Roses Radio Podcast Series – Voices Saving Lives	Stories and insights from courageous individuals with a lived experience of suicide and share them in a way that helps those who are trying to understand.
Beyond Blue's Not Alone Podcast	Dadirri and healing: A yarn with Dr Miriam-Rose Ungunmerr-Baumann

# Advocacy Support

## Know and protect your rights as a consumer.

The [Consumer handbook to the Mental Health Act 2014](#) (Handbook) has been prepared to help people experiencing mental illness and their family members, navigate the mental health system and uphold their rights. This handbook was written by people with lived experience of mental illness.

The following services are FREE and act on behalf of people who are vulnerable due to mental ill health, disability and discrimination or disadvantaged.

<b>Mental Health Advocacy Service (MHAS)</b>	An independent service helping people with a mental illness know and protect their rights. We advocate according to your wishes and make sure you get heard.	1800 999 057 <a href="mailto:contactus@mhas.wa.gov.au">contactus@mhas.wa.gov.au</a>
<b>Mental Health Law Centre - Metro wide, Individual Advocacy</b>	Mental health law experts who provide legal advice and representation to help people with chronic mental illness. We can help you with, criminal matters, involuntary treatment, guardianship, and administration, and restraining orders.	1800 620 285 <a href="mailto:reception@mhlcwa.org.au">reception@mhlcwa.org.au</a> mhlcwa.org.au
<b>COMHWA Independent mental health advocacy</b>	Independent mental health advocacy to help people with Mental Health challenges who face complex issues or are unable to advocate for themselves, to access advocacy support. Advocacy needs can be broad and unique to each individual.	(08) 9258 8911 <a href="mailto:ia@comhwa.org.au">ia@comhwa.org.au</a>
<b>Daydawn Advocacy Centre</b> 	Support, advocacy and negotiation on behalf of Aboriginal people. They can provide legal, medical, financial, educational and social services for the Indigenous people in WA.	(08) 9218 8035 <a href="mailto:daydawn@perthcatholic.org.au">daydawn@perthcatholic.org.au</a>
<b>Kin</b> (formerly Ethnic Disability Advocacy Centre) 	Advocates for those with disability, cultural and language barriers. Their diverse group of passionate, informed culturally diverse staff are ready to join support your needs, by advocating for you in your own language and cultural understandings.	1800 659 921 <a href="mailto:admin@kinadvocacy.org.au">admin@kinadvocacy.org.au</a> <a href="https://kinadvocacy.org.au/">https://kinadvocacy.org.au/</a>



[www.neaminational.org.au](http://www.neaminational.org.au)

Providing mental health, homelessness and suicide prevention support and working to strengthen local communities.

We would love to hear your feedback on this tool.

Scan here to [access the quick survey](#).



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Please contact us for feedback, edits and comments:  
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