

Crisis Support Lines

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

All listed help lines are free and confidential.

Mental Health Emergency Response Line

Mental Health Crisis support from a qualified Mental Health clinician. For those experiencing a mental health crisis and/or those supporting them in the Perth metropolitan region.

Available 24/7

1300 555 788 (Metro) 1800 676 822 (Peel)

Rurallink

Rurallink is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.

Available 4.30pm – 8.30am weeknights, 24/7 on weekends and public holidays

1800 552 002

Lifeline

Compassionate support for people in crisis.

13 11 14 (Available 24/7)

Beyond Blue

Online and telephone support for anyone feeling anxious or depressed.

1300 224 636 (Available 24/7)

13YARN

Free and confidential service run by Aboriginal and Torres Strait Islander people for Aboriginal and Torres Strait Islander people.

13 92 76 (Available 24/7)

Perth Metro Suicide Prevention Coordination

9 Kitchener Ave, Burswood, WA,
Whadjak Noongar country

✉ spc.metro@neaminational.org.au

Acknowledgements

The Suicide Prevention Coordinator program is funded by the Mental Health Commission of Western Australia and works within the community and with service providers to build the capacity to prevent and respond to suicide.

Neami National is responsible for the Perth Metropolitan region and works with the Commission to deliver on the current state-wide suicide prevention strategy.

Thank you to all those who provided their ideas and feedback in the development of this resource. For more information, please contact:

spc.metro@neaminational.org.au

www.neaminational.org.au



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



Men's Health & Wellbeing Supports

Perth Metropolitan Region



About

During challenging times, your mental health and wellbeing is important. We want you to know that support is available, if and when you need it.

This flyer provides a list of dedicated men's mental health and wellbeing services in the Perth Metropolitan Region, offering phone, online, and in-person support.

Online resources

Men's Health and Wellbeing

Men's Health and Wellbeing WA is the peak independent not-for-profit charity organisation dedicated to representing and promoting the health and wellbeing of boys and men in Western Australia. Their Bloke's Book resource contains a comprehensive list of wellbeing supports available in WA.

menshealthwa.org.au/blokes-book-and-pocket-directory/

Healthy Male

Healthy Male provides information on all aspects of men's health. They share evidence-based, easy-to-understand articles and real stories from men experiencing issues with their wellbeing.

healthymale.org.au

ForWhen

Free mental health support and resources for new and expecting parents, available online or call to speak to qualified clinicians or Aboriginal Liaison Officers.

1300 24 23 22

forwhenhelpline.org.au

Wellbeing Support Services

Services available in the Perth Metropolitan Region

The Fathering Project

The Fathering Project is a secular, not-for-profit organisation that positively impacts fathering behaviour and fathers' engagement with children through evidence-rich programs and resources that engage, equip and support fathers, families, schools, employers, and community organisations.

thefatheringproject.org

1300 328 437

Katitjin Blue Mind Place - Men's Talk

The Katitjin Blue Mind Places in Scarborough and Busselton are inclusive spaces where men can access a wide range of support services and resources tailored to their mental health and wellbeing.

In-person support available Monday to Friday 9am – 4pm, Saturdays 12pm – 5pm

mtalk.com.au/katitjin-blue-mind-place/

Scarborough Hub: 163 The Esplanade, Scarborough

MensTime

Developed by men for men, MensTime offers professional, confidential counselling to work through multiple issues. They can help with advice, strategies, referral and relevant information.

1300 11 44 46

anglicarewa.org.au/get-help/relationships-and-separation/menstime



Support Lines

MensLine Australia

Online and phone counselling support for men with concerns about mental health, anger management, family violence, addiction, relationship, stress, wellbeing.

Available 24/7

1300 789 978

Dads in Distress

A free national support for dads going through separation and divorce, run by dads who've been through it themselves.

Available Monday to Friday, 8:30am-5pm AEST

1300 853 437

Brother to Brother

Support for Aboriginal men in need of a yarn. Staffed entirely by Aboriginal men (including Elders) who have relevant lived experience and expertise.

Available 24/7

1800 435 799

QLife

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

Available 3pm to midnight, everyday

1800 184 527