

Understanding and supporting mental health in your community

A guide for clubs and groups

Perth Metro Suicide Prevention Coordination
Updated 2026



Acknowledgments

This resource was prepared by Perth Metropolitan Suicide Prevention Coordinators with members of the Metropolitan Suicide Postvention Development Group and the Metropolitan Suicide Reference Group.

Many thanks to everyone who contributed.

Disclaimer

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 National is not responsible for the suitability of the information for your organisation's specific circumstances, or any actions taken as a result of the information included in this guide. You must make your own assessment of the information contained in this document and whether or not you choose to rely on it.

Reader advisory

This document includes information about suicide and related topics, which may be distressing to some readers. If you find the content overwhelming or upsetting, consider reaching out to a trusted friend, support person, Lifeline on 13 11 14 or one of the helplines listed on page 23.

In an emergency, call Triple Zero (000).

Please advise of any changes to the services listed via:
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We acknowledge Aboriginal and/or Torres Islander communities as the Strait 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 is committed to cultivating inclusive environments for staff, consumers and carers. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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Aim and intent of this guide

This guide is designed to support officials and volunteers in community clubs and groups by providing practical information on mental health awareness and suicide prevention.

It is intended for those with limited prior knowledge of mental health challenges, and draws on established guidelines to offer straightforward advice, useful tips and links to further resources.

While clubs are not expected to provide counselling or medical care, they can play a vital role in supporting members and fostering a culture that encourages help-seeking and reduces stigma.

This resource complements the WA State Government's [Think Mental Health](#) public education campaign and should be used alongside the [Think Mental Health Toolkit](#).

For a full list of online resources mentioned in this guide, see [page 24](#).





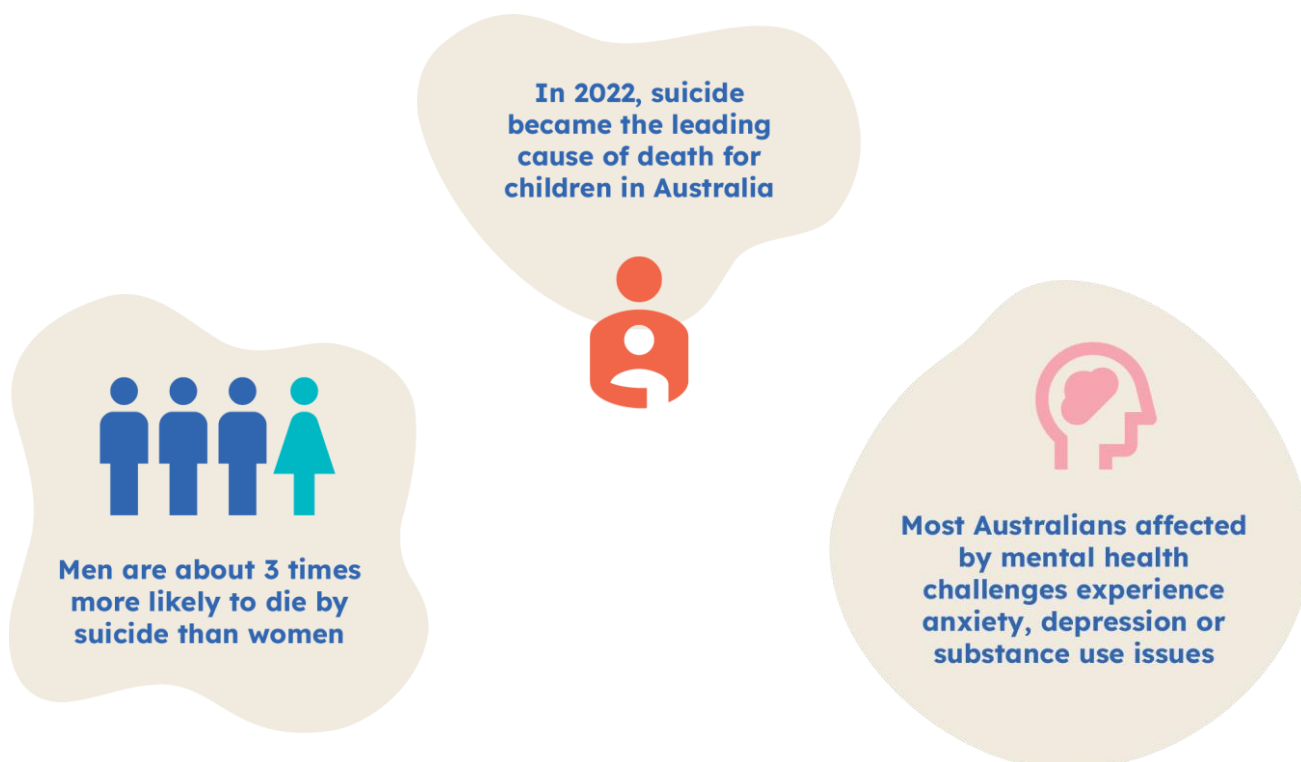
Mental health in our communities

Every year, around two in five Australians experience a mental health condition (ABS, 2020–21). That means it's highly likely someone in your club could benefit from support, whether from those around them or a mental health professional.

Community clubs are uniquely positioned to offer that support. By fostering a positive and inclusive environment, clubs can make a meaningful difference in both the lives of their members and the broader community.

What we know about mental health and suicide in our communities

- Men are about three times more likely to die by suicide than women.
- In 2023, suicide was the 16th leading cause of death in Australia.
- The average age of death by suicide for Aboriginal and Torres Strait Islander peoples was just 33 years – more than a decade younger than the general population's average of 45.5 years.
- In 2022, suicide became the leading cause of death for children in Australia, overtaking road accidents
- According to Suicide Prevention Australia's Community Tracker, nearly two in five people (37%) who experienced suicidal thoughts or behaviours in the past year said family and relationship breakdowns were a major source of distress. Most Australians affected by mental health challenges experience anxiety, depression or substance use issues.



Your role in supporting mental health

As a club official, you've likely offered emotional support to members – whether by directly assisting someone facing a mental health challenge or helping to create a positive, supportive environment that promotes wellbeing.

Mental health challenges, particularly depression and anxiety, remain common across Australian communities. According to the Australian Bureau of Statistics' National Study of Mental Health and Wellbeing (2020–22), 42.9% of Australians aged 16–85 is estimated to experience a mental health challenge at some point in their lives.

In any given year, around two in five people – around 8.5 million Australians – are affected by a mental health condition. This means most of us will either face mental health challenges ourselves or know someone who does.

While some individuals may live with long-term mental health conditions, many others experience short-term difficulties that can be eased with support from friends, family and mental health professionals. Clubs and community groups can play a meaningful role in offering that support and helping members feel safe, connected and understood.

This highlights how widespread mental health challenges are, and why it's important for community clubs and groups to be equipped to offer support and reduce stigma.



**In any given year,
around 2 in 5 people –
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condition**

42.9%

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health challenge at some point in
their lives**



Glossary of terms

Before we begin, it's helpful to understand some key terms used in this guide. These definitions are based on sources including the World Health Organization (WHO) and the Australian Government Department of Health, and Mindframe's [Our Words Matter](#) guidelines.

We recognise that language is personal and constantly changing. The terms used in this guide aim to reflect current best practice, but we understand they may not resonate with everyone.

People may describe their experiences in different ways, and that's okay. This glossary offers a shared understanding for the purpose of this guide, but it's not fixed – it will continue to grow and adapt over time as language and perspectives evolve.

Mental Health	Mental health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
Mental Illness	A mental illness is the most commonly used term to describe conditions diagnosed by a medical professional that significantly affect how a person thinks, feels and interacts with other people. Mental illnesses, such as depression, anxiety, schizophrenia and bipolar disorder are diagnosed according to standardised criteria.
Mental health concern or mental health challenge	A mental health concern can interfere with how a person thinks, feels and behaves, but not to the extent that it meets the criteria for a mental illness diagnosis. Mental health concerns are more common and likely to resolve in time, but if a mental health concern persists or increases in severity, it may develop into a mental illness.
Suicide prevention	Refers to actions taken to reduce the risk of suicide. This includes raising awareness, promoting help-seeking, supporting people in distress and creating safe, inclusive environments.
Suicide postvention	Support provided to individuals, families and communities after a suicide. This may include emotional support, counselling and practical help to reduce the impact and promote healing.
Suicide attempt	An action taken with the intent to end one's life. It's important to respond with compassion and connect the person to professional support.

Self-harm (non-suicidal self-injury)	When someone intentionally injures themselves without intending to end their life. This is often a way of coping with emotional pain and should be met with understanding and support.
Lived and living experience	Someone with personal experience of mental health concerns, suicide or distress. 'Living experience' may be preferred by some people to indicate that the personal experience is current and not in the past.
Alcohol and other drugs (AOD)	Use of AOD that leads to immediate or long-term harm, resulting in changes in perception, mood, consciousness, cognition or behaviour. A person may have a substance use disorder (SUD) or AOD, which concerns can interfere with how a person thinks, feels and behaves – but not to the extent that it meets the criteria for a substance use disorder.
Help-seeking behaviour	The process of a person actively asking for help or support in order to cope with adverse circumstances or problems. Help-seeking behaviour involves being able to recognise and express symptoms or problems as well as an understanding of how to access support and a willingness to do so.
Self-care	Self-care refers to activities that preserve and maintain one's physical, emotional and mental health. It's an ongoing commitment to look after yourself through helpful behaviours that protect your health during periods of stress.



Supporting member wellbeing: practical steps for your club

Your club or group can play a vital role in reducing stigma, encouraging conversations and supporting individuals to seek help. Here are practical ways you can promote mental health and wellbeing:

1. **Implement a relevant community mental health toolkit**
Use resources such as those from [Lifeline](#) or the [WA Mental Health Commission – Think Mental Health](#) to create a mental health toolkit relevant to your clubs needs
2. **Share mental health resources online**
Place banners, links and information on your club's website and social media pages. Include links to Lifeline, Beyond Blue and other crisis support services.
3. **Display brochures from local mental health providers**
Make these available in common areas at your club.
4. **Place posters with support helpline information in visible locations**
Include numbers for Lifeline (13 11 14), Beyond Blue (1300 22 463) and other local services.
5. **Promote mental health messages at club events and gatherings**
Use these opportunities to raise awareness and normalise help-seeking.
6. **Celebrate mental health awareness days**
Participate in events such as:
 - **R U OK? Day** (11 September)
 - **Men's Health Week** (9–15 June)
 - **WA Mental Health Week** (October). A full calendar of awareness dates is available at the [National Mental Health Commission](#) website.
7. **Ensure social events are inclusive and accessible**
Consider diverse needs and remove barriers to participation.
8. **Check in with members experiencing extended absences**
A simple message or call can make a big difference.
9. **Be mindful of significant dates**
These may be difficult for some members (e.g. anniversaries of a death). Consider ways to offer support or acknowledgement.
10. **Develop and implement a mental health policy**
Use the [Beyond Blue Heads Up Mental Health Policy Template](#) to guide your club's approach.
11. **Encourage participation in suicide prevention training**
Training helps build confidence in supporting others and responding to distress.

Please remember your club is not responsible for providing counselling or medical supervision. If a person shows signs of mental distress, encourage them to speak with their GP or a mental health professional.

If the situation is urgent and you're concerned for a person's safety, call Triple Zero (000).

Supporting someone in your club

Sometimes you may need to support a club member who is experiencing thoughts of suicide or engaging in self-harming behaviours. This section provides information and resources to help you navigate these complex situations.

Recognising warning signs of suicide risk: what to look for

While people at risk of suicide may try to hide how they're feeling, there are often warning signs. However, sometimes there may be no obvious signs, which is why creating a supportive and connected club environment is important.

You might notice changes in a person's behaviour, mood or be aware of major life events that could be affecting them.

Here are some signs to look out for:

Talk

- expressing thoughts about suicide or wanting to die
- saying they feel like a burden to others
- talking about feeling trapped or experiencing intense emotional pain

Behaviour

- increased agitation, anxiety, or irritability
- engaging in risky or unsafe behaviour
- difficulty sleeping
- noticeable changes in appearance or self-care
- withdrawing from club activities or social connections
- experiencing a recent stressful event or loss
- history of previous suicide attempts

Mood

- persistent fatigue or low energy
- feelings of anxiety or panic
- expressions of hopelessness, emptiness, or feeling trapped
- social withdrawal or feeling disconnected
- appearing preoccupied or distracted by internal thoughts

If you notice any of these signs, or if another club member shares concerns, we encourage you to act promptly by speaking with the person. If you're unsure how to help, ask if you can contact someone they trust or a trained support person.

Check whether any club members or officials have completed suicide prevention training and ask them to assist. If no one is available, consider calling a helpline for confidential advice:

- **Lifeline** – 13 11 14
- **Beyond Blue** – 1300 22 4636

If you're concerned for their immediate safety, call Triple Zero (000).



Starting a conversation when you're concerned

There is no evidence to suggest that talking to someone about suicide will increase their risk. In fact, asking directly and compassionately can help the person feel heard and supported. Research shows that talking about suicide can reduce risk by opening a pathway to support.

If you suspect a club member is struggling, use the following tips to check in with them.

DO	DON'T
— speak with them in a quiet, private space — start the conversation with something neutral to break the ice — listen actively and without judgment — encourage them to seek help from a mental health professional or General Practitioner (GP) — if you have immediate concerns for their safety, stay with them and support them to attend the local emergency department or call Triple Zero (000)	— ignore or avoid the person — try to fix their problems yourself — shift the focus to your own experiences — use dismissive or minimising language, such as: “You’re worrying about nothing” “You’ll feel better soon” “You have a good life”

For more detailed guidance, refer to:

- [Lifeline Toolkit: Helping Someone at Risk of Suicide](#)
- [Mental Health Commission – Helping Someone in Distress Booklet](#)
- [Orygen – Mental Health in Community Sports Guide](#)

How to support a person who self-harms

Discovering that someone is self-harming can be deeply concerning. Responding with calm, compassion and openness is important. Self-harm is often a way of coping with overwhelming emotions, distress or difficult experiences. It does not always mean that a person wants to end their life.

Let the person know that you are there to listen without judgement. Encourage them to talk about how they are feeling and what might be contributing to their distress. While support from family, friends and community members can make a difference, professional support can help the person develop safer coping strategies and address the underlying causes of self-harm.

Strategies for managing urges to self-harm

When someone is experiencing urges to self-harm, there are practical strategies that may help them manage the urge safely until it becomes less intense. ReachOut notes that urges can feel overwhelming, but they often decrease over time when a person delays self-harm and uses alternative coping strategies.

1. Create a safer environment

Encourage the person to:

- Spend time with other people rather than being alone
- Remove or limit access to items they might use to self-harm
- Avoid places where they are more likely to self-harm when distressed

Creating a safer environment can help reduce immediate risk and provide time for the urge to pass.

2. Delay the urge

Encourage the person to pause before acting on the urge and reach out to someone they trust. If talking to someone is not possible, they can try waiting for 15 minutes before deciding what to do next, then repeat the process if needed. Even a short delay can help reduce the intensity of the urge over time.

3. Use healthy distractions

Different distraction techniques work for different people. Encourage the person to create a personalised list of activities they can turn to when urges arise, such as:

- Going for a walk, run or other form of exercise
- Writing in a journal
- Playing video games
- Listening to music



- Practising slow breathing or relaxation techniques
- Spending time with supportive people
- Allowing themselves space to cry and express emotions safely

The goal of distraction is not to ignore feelings, but to provide time for emotions and urges to become more manageable.

4. Create a self-harm distraction box

A distraction box can act like a personal self-care kit. It may include comforting or engaging items such as:

- Colouring books or art supplies
- Craft or knitting materials
- Favourite books
- Sensory items with different textures
- Meaningful objects that provide comfort

Having these items readily available can help the person redirect their focus during difficult moments.

5. Seek professional support

Self-help strategies can help manage urges in the short term, but they do not address the underlying causes of self-harm. Recovery is more likely when a person receives support from a mental health professional who can help them explore their emotions, identify triggers and develop safer coping strategies.

After self-harm

If someone has self-harmed, encourage them to seek appropriate medical care for any injuries. Medical attention may be needed even when injuries appear minor, to reduce the risk of complications and support recovery.

For further information and self-help resources, visit ReachOut Australia's self-harm support page here: <https://au.reachout.com/challenges-and-coping/self-harm/self-help-for-self-harm>

If your club is touched by suicide (postvention)

When a suicide occurs, the effect on those touched by it – families, friends and communities – is immediate and potentially traumatic. The impact on a club community is no different. It often happens unexpectedly and leaves members with many questions about what to do next. Members often struggle to cope, and it can be difficult for the club community to know how to respond.

In these circumstances, club officials need clear, practical and reliable guidance to support members and reduce further risk.

When informing people about a suicide, avoid discussing the method used. Sharing specific details can increase distress and may unintentionally cause harm. It is important to be aware that those impacted by suicide may become at increased risk of suicide themselves. Focus instead on acknowledging the loss, offering support and encouraging help-seeking.

If your club experiences the tragedy of suicide, these are some basic actions you can take to support members:

Identify a key contact person

Designate an appropriate club official (such as the president or team coach) to act as the main point of contact with the family. This person should:

- liaise with the family respectfully and sensitively
- brief other relevant club members on the confirmed facts of the situation
- honour any family wishes regarding what information is shared or withheld

If the death has not been confirmed as suicide, or if the family has requested that the term 'suicide' not be used, refer to it simply as a 'death' at this stage.

Identify impacted individuals

Recognise club members who may have been significantly affected and may require a higher level of support.

- acknowledge that grief is a normal and varied response to loss
- encourage self-care and healthy coping strategies during this time
- promote a culture of support by encouraging members to check in with one another
- remind members to reach out if they notice someone struggling or if they have concerns about a fellow member's wellbeing

Share postvention support information

Gently explore whether the family and close friends of the deceased are open to receiving support. People experiencing a sudden loss are often in shock and may not be ready to accept help immediately.

When appropriate, provide information and contact details for postvention support services such as:

- StandBy Support After Suicide
- Active Recovery Beyond Our Reach (ARBOR)
- Children & Young People Responsive Suicide Support (CYPRESS)
- Roses in the Ocean

For further resources and information, please refer to [Neami Suicide Prevention Coordinators: Supports After Suicide Guide](#).



Inform the club community

Acknowledge that the situation is likely to be distressing for the family, friends and the wider football community. It's important to keep the club committee and other relevant stakeholders informed about the steps being taken to support members.

If planning a memorial or tribute

Before organising any memorial or tribute, first liaise with the family to ensure they are comfortable with the idea. Their wishes should guide all decisions.

Consult with a postvention organisation such as StandBy, Roses in the Ocean or Neami National for advice on how to conduct the event safely. This helps ensure the memorial is supportive and does not unintentionally distress or trigger vulnerable members of the club community.

Communicating safely about suicide or mental health

There may be times when your club or community group needs to speak publicly or post online about mental health, suicide or suicide bereavement. These situations can be challenging to navigate and it's important to approach them with sensitivity, compassion and care for those affected.

It's especially important to be mindful that people who are vulnerable to suicide, experiencing mental health challenges or bereaved by suicide can be deeply impacted by the language used in public and online communication.

To support safe and respectful communication, we recommend using the [Mindframe 'Our Words Matter' guidelines](#). Mindframe provides evidence-informed advice to ensure that language around mental health and suicide is safe, respectful and non-stigmatising. This helps reduce harm, encourages help-seeking and promotes connection.

Before you post

Before you communicate online about mental health or suicide, take a moment to reflect on why you want to share the post. Consider how your message might affect others, especially those who may be vulnerable, experiencing mental health challenges or bereaved by suicide. Ask yourself whether there's a safer or more supportive way to share the information.

If you decide to proceed, follow these key tips to help ensure your message is safe, respectful and helpful.

When posting about suicide

- avoid glamourising the person or the suicide itself
- do not share details about the method or location of the suicide
- avoid posting images of the death scene or visibly distressed mourners
- ensure information is accurate and that the family has given permission to share
- avoid simplistic explanations that suggest suicide is caused by a single factor or event
- always include information about crisis support services and local mental health services
- encourage help-seeking and connection

When posting about mental health

- avoid language that reinforces stigma or stereotypes, including ‘crazy’, ‘psycho’ or ‘attention-seeking’
- be mindful of tone – avoid overly negative or hopeless messaging
- share hopeful stories that promote recovery and resilience
- use person-first language, for instance ‘person experiencing depression’, rather than ‘depressed person’
- avoid making generalisations or assumptions about mental illness
- include links to support services and encourage seeking help
- respect privacy – don’t share someone’s mental health story without their consent

For more detailed guidance, visit [Mindframe](#) or [#chatsafe](#).





Gambling and Mental Health

Many people in community clubs and sporting groups may participate in gambling as a social activity. While gambling can be enjoyable for some people, it's important to recognise when it may be starting to affect someone's wellbeing, relationships or finances.

Problem gambling can have a significant impact on a person's mental health. People experiencing gambling-related harm may feel stressed, anxious, ashamed, isolated or depressed. They may also experience financial difficulties, relationship problems and a loss of confidence or self-esteem.

Community members, volunteers and club leaders are not expected to be experts, but they can play an important role by noticing signs of concern, responding with empathy and encouraging people to seek appropriate support. Early support can help reduce harm and improve wellbeing.

It's also important to understand that gambling-related harm can increase a person's risk of suicidal thoughts and behaviours. Financial losses, debt, feelings of hopelessness and the emotional impact of gambling problems can place people at greater risk. Any signs that someone may be thinking about suicide should be taken seriously and responded to by connecting them with a trained professional.

Gambling Support Services

If someone in your club is experiencing gambling-related harm, encourage them to seek support early. The following services are available to people across Western Australia.

- **Gambling Help WA (Centrecare)**

Free and confidential gambling and financial counselling for individuals, partners and families affected by gambling. Services include individual counselling, financial counselling and support groups.

Phone: (08) 9325 6644

- **Gambling Help Online and Phoneline (24/7)**

A free, confidential, Australia-wide telephone service available 24 hours a day, 7 days a week. The service provides information, support and referrals to local counselling services.

Phone: 1800 858 858

Website: www.gamblinghelponline.org.au

- **GambleAware WA**

Provides information about gambling harm, practical strategies to reduce or stop gambling, and links to support services and counselling.

Website: www.gambleaware.com.au

Empowering community club and groups through training

Increasing awareness of mental health challenges among committee members, coaches, captains, appropriately aged members and parents of younger members is an important and effective way to support those who may be struggling.

Below is a list of trainings that may be useful in building mental health awareness and suicide prevention skills within your community club or group.

Program	Format and duration	Description	Provider
LivingWorks Start	Online (90 mins)	Teaches how to recognise and respond to suicide risk.	LivingWorks START
safeTALK	In-person (half-day)	Alertness training for anyone 15+ to become a suicide-alert helper.	LivingWorks safeTALK
ASIST	In-person (2 days)	Suicide intervention model for caregivers.	LivingWorks ASIST
Standard Mental Health First Aid	In-person (2 days)	Mental health first aid for adults supporting adults.	Mental Health First Aid Australia
Youth Mental Health First Aid	In-person (2 days)	For adults supporting adolescents (e.g. parents, coaches, teachers).	Mental Health First Aid Australia
Deadly Thinking	In-person (1 day)	Culturally safe suicide prevention for Aboriginal communities. Suitable for Elders, Aboriginal communities and anyone who works with Aboriginal people.	Rural & Remote Mental Health
WAAMH Trainings	Various formats	Topics include de-escalation, grief, and everyday counselling skills.	Western Australian Association for Mental Health



Mindframe Training	Online (1 hour)	Safe communication about suicide and mental ill-health.	Mindframe
Zero Suicide Alliance	Online (5–30 mins)	Free short courses to build confidence in having life-saving conversations.	Zero Suicide Alliance
Conversations about Gambling	In-person (4 hours)	Learn how to support someone experiencing gambling harm or a gambling-related crisis.	Conversations About Gambling - Mental Health First Aid Australia

Neami National maintains an online training calendar for the Perth Metro area, listing upcoming mental health and suicide prevention training courses.

These sessions are delivered by a range of service providers. While many have an associated cost, some are free for community groups.

You can view the training calendar [here](#).

Promoting mental health: campaigns and toolkits your club can use

There are several evidence-based community campaigns that are free and accessible for clubs, groups and individuals to use in support of mental health and suicide prevention messaging. These campaigns are designed to promote safe, inclusive and empowering conversations.

Below are some campaigns and toolkits your club can promote to help raise awareness, encourage help-seeking and support wellbeing within your community.

Campaign	Target audience	More information
Think Mental Health	General community	'Learn to Look After You' Campaign 'Families Under Pressure' Campaign 'Be Positive. Be Connected. Be Active' Campaign 'Talking and Listening are Powerful' Campaign

		‘Find Your Way to Okay’ campaign
Strong Spirit Strong Mind	Aboriginal and Torres Strait Islander	Campaigns and grants
Embrace	Multicultural	Community resources
RightByYou	Youth (12-25)	Community Campaign Toolkit
R U OK Day	General community and sports clubs	Hey Sport, R U OK?
Act Commit Belong	General community: promotes mental wellbeing through community connection and purposeful activity	actbelongcommit.org.au

Helpful toolkits

Mental Health Commission WA Helping Someone in Distress (2022)	mhc.wa.gov.au/awcontent/Web/Resources/helpingdistress-booklet-print-ready.pdf
Mental Health Commission WA Think Mental Health: Community Toolkit (2018)	thinkmentalhealthwa.com.au/media/1118/181214_thinkmentalhealth_communitykit_final.pdf
Suicide Prevention Coordinators Perth Metro Supports After a Sudden loss (2024)	neaminational.org.au/services/perth-metro-suicide-prevention-coordination/
A Guide For AFL Clubs Impacted By Suicide (2023)	resources.afl.com.au/afl/document/2023/06/08/f8f97892-81e4-4610-adda-



	cc0221b458d1/A-Guide-for-AFL-Clubs-Impacted-by-Suicide-2023.pdf
Mental Health and Wellbeing Initiative – Sports West	truesport.com.au/initiatives/mental-health-wellbeing-initiative

Helpful websites

If you are looking for further information, these websites offer free, evidence-based resources to help guide safe communication, promote mental wellbeing and support suicide prevention.

Whether you're a club, community group or individual, these websites can help you start conversations, share messages safely and connect people to the support they need.

General mental health information, guides and resources

- **Australian Government Mental Health Support Portal:** [headtohealth.gov.au](#)
- **Mental Health Commission WA:** [thinkmentalhealthwa.com.au](#)
- **Black Dog Institute:** [blackdoginstitute.org.au](#)
- **Lifeline WA:** [lifelinewa.org.au](#)
- **Headspace:** [headspace.org.au](#)
- **SANE Australia:** [sane.org.au](#)
- **Standby Support After Suicide:** [standbysupport.com.au](#)
- **WA Mental Health Commission** (resource list): [mhc.wa.gov.au/reports-and-resources/resources/mental-health-resources](#)
- **Beyond Blue:** [beyondblue.org.au](#)

Multicultural mental health information

- **Translating and Interpreting Service (TIS):** provides free access to phone and on-site interpreting services in over 150 languages. Ph:131 450
- **Health Translations Director:** provides links to over 12,000 reliable multilingual resources covering a range of health topics (including mental health) at the Health Translations Directory. [healthtranslations.vic.gov.au](#)
- **Embrace Mental Health:** health resources in multiple language and information on services and multicultural groups in your area. [embracementalhealth.org.au](#)

Carers supports and information

- **Mental Illness Fellowship WA:** carer support and advice mifwa.org.au
- **Carers WA** carerswa.asn.au

Aboriginal mental health resources

- Strong Spirit Strong Mind: strongspiritstrongmind.com.au
- Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People: wellmob.org.au
- Thirrili, provides support to Aboriginal and Torres Strait Islander families and communities after a suicide loss: thirrili.com.au

Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ+) resources and supports

- LGBTQIA+ support: qlife.org.au
- LGBTQIA+ support for friends and family: pflagaustralia.org.au
- LGBTQIA+ – Transfolk of WA: support for Trans people and family: transfolkofwa.org

Sporting club mental health resources

- Good Sports: goodsports.com.au/mental-health
- [Orygen mental health toolkit](#) for community clubs with members aged 12-17 years old
- Beyond Blue [guide to developing a mental health strategy](#) for your organisation:
- West Australian Government Act Belong Commit Campaign to keep people to join community groups: actbelongcommit.org.au
- R U Ok Community Guides including Hey Sport Materials ruok.org.au/community
- Movember's Ahead of the Game: aheadofthegame.org.au



Mental health lines

If you or someone you know in your club or group is struggling, help is available. These free and confidential helplines offer support, guidance and connection to mental health services any time you need it.

General		
Mental Health Emergency Response Line	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
Suicide Call Back Service	People aged 15+ who are feeling suicidal, have lost someone by suicide or are caring for someone who is feeling suicidal. Provides support with safety and goal planning and service navigation. Up to six further sessions.	1300 659 467 or online chat 24/7
Lifeline	Compassionate support for people in crisis.	13 11 14 24/7
beyondblue	Online and telephone support for anyone feeling anxious or depressed.	1300 224 636 24/7
Roses in the Ocean - Peer CARE Companion Warmline	A 'warmline' call-back service, for those who have lost someone to suicide, are caring for someone, have survived an attempt or have been living with their own suicidal thoughts. Connect to a similar lived experience peer.	1800 777 337
Crisis Care Helpline	Crisis support if you are concerned about a child's well-being, escaping domestic	08 9223 1111 or 1800 199 008 (country toll free)

	violence or experiencing homelessness.	
Here for you	One-to-one support from a counsellor or relevant professional peer practitioner.	1800 437 348 7am – 10pm
Men		
Men's Line Australia	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
Dads in Distress	Generalised counselling supporting dads and their families.	1300 853 437
Cultural		
13Yarn	Provides one-on-one yarning if you're feeling overwhelmed or having difficulty coping, with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter.	13 92 76 24/7
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.	1800 435 799 24/7
Witness to War and Violence	Free, confidential support for people affected by distressing events, here in Australia or overseas.	1800 845 198 7am – 6pm, Monday to Friday
Hayat Line	A crisis support line for Muslims in Australia supporting	1300 993 398



	individuals when experiencing a personal crisis or emotional distress.	Monday to Friday, 9am – 5pm
Youth		
Kids Helpline	Online and phone counselling service for young people aged 5-25.	1800 551 800 24/7
eheadspace	Online and phone support and counselling to young people 12-25 years and their families and friends.	1800 650 890 9am – 1am (AEST)
CAMHS Crisis Connect	Mental health advice and support for children and young people aged under 18 in the metropolitan area.	1800 048 636 24/7
Parenting		
PANDA (perinatal anxiety and depression)	Supports women, men and families affected by anxiety and depression during pregnancy and in the first year of parenthood.	1300 726 306 Monday to Friday 9am – 7.30pm (AEST)
For When	Connects parents to navigate pregnancy and new parenthood to the critical mental health services you might need most.	1300 242 322 9am – 4.30pm Monday to Friday
Family Relationship Advice Line	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

Other Specialised Supports

QLife	Anonymous telephone and webchat LGBTQIA+ peer support for people to discuss sexuality, identity, gender, bodies, feelings or relationships.	1800 184 527 3pm – 9pm
Butterfly Foundation (eating disorders)	For anyone concerned by eating disorders or body image issues. All counsellors are qualified mental health professionals.	1800 334 673 8am – midnight (AEST)
Child Protection and Family Support Crisis Care Helpline	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)
StandBy	Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide.	1300 727 247
1800 RESPECT (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
National Debt Helpline	Free and confidential advice from professional financial counsellors.	1800 007 007 9.30am – 4.30pm, Monday to Friday
Mental Health Carer Helpline	Information and advice for carer support.	1300 554 660



FriendLine	Supports anyone who's feeling lonely, needs to reconnect or just wants a chat.	Register your phone number via their website to receive a call a few times a week for a friendly conversation.
Gambling Helpline	The Gambling Helpline offers confidential support from trained gambling counsellors for anyone affected by gambling.	1800 858 858 24/7
Navigation Support		
Peer Pathways	Assistance in WA to locate and access mental health and other care and supports over the phone or by email. Confidential support without judgement.	(08) 9477 2809 Monday – Friday 9am-5pm
Healthdirect	Speak to a registered nurse for 24-hour health advice.	1800 022 222 24/7



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Contact

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