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Current Client Resources

Current clients: please consider whether the resources below may be effective for your needs.

Emergency and Crisis Support

For emergencies:

- please call 000,
- present to an Emergency Department, or
- contact your GP, Psychiatrist, or an agency that is able to provide in-patient support.

For 24/7 phone support regarding distress or personal crisis (including thoughts of self-harm or suicide), please call one of the following:

- Lifeline, 13 11 14, www.lifeline.org.au
- Samaritans Anonymous Crisis Support line, 13 52 47, thesamaritans.org.au
- Beyond Blue, 1300 22 46 36, www.beyondblue.org.au
- Kids Helpline (aged 5-25), 1800 55 1800, kidshelpline.com.au
- Mental Health Emergency Response Line (MHERL), 1300 555 788.
- Suicide Call Back Service, 1300 659 467, suicidecallbackservice.org.au

Online Self-help Resources and Services

For online self-help and/or services, you could consider:

- <https://www.headtohealth.gov.au>
- <https://mindspot.org.au>

For online self-help resources, you could consider:

- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- <https://www.chrismackey.com.au/resources/>

Resources for if we are Working Together

[General coping skills resources.](#)

[Therapy appointment resources.](#)

[A good sleep toolkit.](#)