

Connect for Mental Health

Use the STRES learning tool to reach out to someone who may be at risk of mental health decline or contemplating suicide.

Signs

You might be the first to notice something is off

Time

Do you have the time and headspace? Do they?

Reach Out

Take the step and reach out

Empathise

Connection makes things better

Support

Know where to get help



Where to get support

Useful phone numbers and websites

Lifeline.....	13 11 14
www.lifeline.org.au	
Beyondblue.....	1300 22 4636
www.beyondblue.org.au	
Crisis Care	1800 199 008
www.helplines.org.au	
Mensline.....	1300 78 99 78
www.mensline.org.au	
Mental Health Emergency Response Line.....	1300 555 788
www.mentalhealth.wa.gov.au	
Rurallink.....	1800 552 002
www.mentalhealth.wa.gov.au	
Sane.....	1800 187 263
www.sane.org	
Suicide Call Back Service.....	1300 659 467
www.suicidecallbackservice.org.au	

Call 000 in an emergency if you feel someone is at risk of harm.

For young people

Youth Beyondblue.....	1300 22 4636
www.youthbeyondblue.com	
Kids Helpline	1800 55 1800
www.kidshelpline.com.au	
eheadspace.....	1800 650 890
www.eheadspace.org.au	

