

Navigating the mental health system in Perth, Western Australia: Key tips for carers

By understanding where to get help, you'll be better prepared to provide support to someone while also looking after your own wellbeing.

Access emergency services

- For immediate support, call 000 or visit the nearest emergency department.
- For help in a mental health emergency, call Mental Health Emergency Response Line on 1300 555 788

Contact mental health support

- Medicare Mental Health Centres – 1800 595 212
A free walk-in service that provides immediate mental health support and information – no referral, appointment or Medicare card required.
 - Armadale Medicare Mental Health Centre
 - Gosnells Medicare Mental Health Centre
 - Midland Medicare Mental Health Centre
 - Mirraboooka Medicare Mental Health Centre
 - Northam Medicare Mental Health Centre
- 13YARN - 13 92 76
24/7 crisis support for Aboriginal or Torres Strait Islander peoples.
- Lifeline - 13 11 14
24/7 crisis support and suicide prevention services.
- Suicide Call Back Service – 1300 659 467
- Neami National Universal Aftercare Perth
08 6252 0420. Face-to-face support.
- Neami National mental health and wellbeing (psychosocial) support:
 - Neami Perth – 08 6252 0420
 - Neami Joondalup – 08 9301 1227
 - Neami Rockingham – 08 9527 5547

- Metropolitan Health Services:
 - North Metropolitan Health Service (NMHS)
 - East Metropolitan Health Service (EMHS)
 - South Metropolitan Health Service (SMHS)

Connect with carer support services

- Access the *Minds Together* program for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt.
- Reach out to Carers WA on 1300 227 377 to access peer support, advice and a wide range of services.

Understand your rights

You have rights as a carer under national and Western Australian laws. You have a right to:

- be treated with respect
- be considered a partner by other care providers
- privacy and confidentiality
- work and be supported by your employer
- make a complaint about a service
- appeal a decision.

For more information, contact the Carer Gateway helpline (Monday - Friday) on 1800 422 737 for practical advice and support.

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