



Emergency Support

Urgent Help

If you are experiencing a mental health crisis and are having thoughts of death, self-harm, or suicide, please do not delay getting in touch with a 24/7 Crisis Support Service or attend your local emergency department.

If your life is in danger, dial 000

SJP Psychology Is Not a Crisis Support Service

While it is my mission to help people learn to deal with anxiety, depression and related illnesses, I am not equipped to provide urgent help if you are dealing with a crisis.

If you require urgent assistance, please don't wait. Seek help immediately from your health care professional or explore the resources and support services below:

Emergency Contact Numbers

Mental Health Emergency Response Line

The Mental Health Emergency Response Line (MHERL) is a 24-hour telephone service for people in the Perth metropolitan area experiencing a mental health crisis.

You can call MHERL on:

- 1300 555 788 (Perth)
- 1800 676 822 (Peel region)

Lifeline Australia

Lifeline is staffed by volunteer telephone crisis supporters who are ready to take calls 24/7.

Call 13 11 14

Suicide Callback Service

Free, professional 24/7 telephone and online counselling to people who are affected by suicide.

Call 1300 659 467

1800 RESPECT

Counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

Call 1800 737 732.

Kid's Helpline

Free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

1800 551 800

QLife

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

1800 184 527