**Accessing mental health supports if you’re not eligible for the NDIS**

**Getting help - finding a service**

In an emergency call 000 or visit your local emergency department

**Mental Health services**

There are hundreds of mental health and alcohol and, other drug services across Western Australia.

To find a service follow the link:

[**www.mhc.wa.gov.au/getting-help/**](https://www.mhc.wa.gov.au/getting-help/)

**Mental Health helplines**

For a list of helplines and people to talk to follow the link:

[**www.mhc.wa.gov.au/getting-help/helplines/**](https://www.mhc.wa.gov.au/getting-help/helplines/)

**Other useful links:**

[**www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis**](https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis)

Or call

* Carer Gateway 1800 422 737 [**www.carergateway.gov.au**](https://www.carergateway.gov.au)
* Lifeline 13 11 14 [**www.lifeline.org.au**](http://www.lifeline.org.au)
* Beyond Blue 1300 224 636 [**www.beyondblue.org.au**](http://www.beyondblue.org.au)
* Suicide Call Back Service 1300 659 467 [**www.suicidecallbackservice.org.au**](http://www.suicidecallbackservice.org.au)
* MensLine Australia 1300 789 978 [**www.mensline.org.au**](http://www.mensline.org.au)
* QLife 1800 184 527 (3.00pm – 12.00am) [**www.qlife.org.au**](http://www.qlife.org.au)
* Kids Helpline 1800 55 1800 [**www.kidshelpline.com.au**](http://www.kidshelpline.com.au)
* HelpingMinds Free Phone: 1800 811 747 [**www.helpingminds.org.au/**](http://www.helpingminds.org.au/)