



www.thesoutheastjunction.org.au

IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
Emergency Triage and Liaison Service	24 hour crisis & emergency assistance	13 14 65
Lifeline Australia	https://www.lifeline.org.au/ Online Chat Available 7pm – 4am Daily	13 11 14
StandBy Support after Suicide	http://www.unitingcommunities.org/find-a-service/services/standby-response-service/	0437 752 458 Mount Gambier
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/ Video Counselling Available 24/7	1300 659 467
Kids Helpline	http://www.kidshelp.com.au/	1800 551 800
Youth Health line		1300 131 719
Men's Line	http://www.mensline.org.au/ Online & Video Counselling Available	1300 789 978
Parents Helpline		1300 364 100
Beyond Blue	http://www.beyondblue.org.au/ Online Chat 3pm – 12 am Daily	1300 224 636
Headspace	http://www.headspace.org.au/ Online Chat Available	1800 650 890
Qlife	https://qlife.org.au/ Online Chat Available	1800 184 527
Reach Out	http://au.reachout.com/	
Conversation Matters	http://www.conversationsmatter.com.au/	
R U OK?	https://www.ruok.org.au/	
Child & Adolescent Mental Health Service ; Women's & Children's Health Network		08 8724 7055 Mount Gambier
Hope for Life		1300 467 354
Counselling on line	Drug & Alcohol Counselling www.counsellingonline.org.au	1800 250 015
Alcohol and Drug Information		1300 13 13 40

Service		
Sane Australia	www.sane.org	1800 18 7263
ReachOut	www.reachout.com.au	1800 858 858
Blue Knot	www.blueknot.org.au	1300 657 380
Health direct	www.healthdirect.gov.au	1800 022 222
Quitline		13 78 48
Life in Mind	www.lifeinmindaustralia.com.au	
7 Cups of tea	one-on-one health & wellbeing chat service www.7cupsoftea.com	
Community Services Directory	www.limestone.servicesdirectory.org.au	

Useful Apps



BeyondNow – available on Android & Apple devices

Convenient & confidential, suicide safety plan to assist you through tough moments with things such as thinking about your reasons to live, distracting yourself with enjoyable activities, coping strategies & people you can contact for support – your friends, family and health professionals.



MyCalmBeat – available on Android & Apple devices

Brain Exercises that helps improve your ability to manage stress through slow breathing.



Smiling Mind – available on Android & Apple devices

Modern meditation, a unique web & app-based program developed by psychologists & educators to help bring balance to people's lives.



iCope – available on Android devices

Automatically sends inspirational messages & reassuring statements, in your own words, to help you cope when you need it most.



MyMoodTracker – available on Apple devices

The fun yet powerful design will help you understand what causes your emotions to change, & get you on the path to feeling good.



Diary – Mood Tracker – available on Android devices

Record moods & activities with statistical charts to help you understand your habits and mood patterns.



Buddhify – available on Android & Apple devices

Mindfulness-based meditation to help you de-stress, sleep better, and bring more awareness & compassion to all parts of your life.