

IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
Emergency Triage and Liaison	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	https://standbysupport.com.au	0437 752 458
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 Healthline	http://www.cyh.com	1300 131 719
Men's Line	http://www.mensline.org.au Online & Video Counselling Available	1300 789 978
Parents Helpline	http://www.cyh.com	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	N/A
Conversation Matters	http://www.conversationsmatter.com.au Conversations Matter is a suite of online resources. The program does not provide any direct services, nor can it provide advice or support	N/A
R U OK?	https://www.ruok.org.au	N/A
Child & Adolescent Mental Health Service; Women's & Children's Health Network	http://www.wch.sa.gov.au/services/az/divisions/mentalhealth	08 8724 7055 Mount Gambier
Counselling Online	Drug & Alcohol Counselling www.counsellingonline.org.au	1800 250 015
Alcohol and Drug Information Service	https://www.sahealth.sa.gov.au	1300 131 340
Sane Australia	www.sane.org	1800 187 263
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	https://www.quitlinesa.org.au	13 78 48
Life in Mind	www.lifeinmindaustralia.com.au	02 4924 6900
7 Cups of Tea	one-on-one health & wellbeing chat service www.7cupsoftea.com	https://www.7cups.com/connect/

Community Services Directory	www.limestone.servicesdirectory.org.au	https://limestone.servicesdirectory.org.au/contact/
Regional Access	www.saregionalaccess.org.au Free online & telephone counselling 24/7	1300 032 186
1800RESPECT	https://www.1800respect.org.au/ Sexual assault, domestic & family violence counselling, information & referrals. 24/7	1800 RESPECT
Drug & Alcohol Support	https://knowyouroptions.sa.gov.au/ (South Australian callers only - local call fee) any day between 8:30am and 10:00pm	1300 131 340
COVID-19 Support Line	www.sahealth.sa.gov.au/COVID2019	1800 632 753
For some, home isn't a safe place to be during COVID-19. If you're worried about your safety, or if you just feel like you need to speak to someone, counselling and support is always available for women experiencing domestic, family or sexual violence.	Domestic Violence Crisis Line	1800 800 098
	Yarrow Place Rape and Sexual Assault Service	1800 817 421
	1800 RESPECT	1800 737 732
LETSS (Lived Experience Telephone Support Service) This is a Skylight Mental Health service.	For free Mental Health Support Call our LETSS team or chat online. Available 5.00 pm to 11.30 pm, seven days a week.	1800 013 755 or chat online at www.letss.org.au
Uniting Communities	https://www.unitingcommunities.org/services/mental-health-counselling/ Mental Health Counselling during COVID-19 Mental Health Counselling operates 8am to 8pm every day to support people who need help including those who have had lengthy periods in self-quarantine and those practicing social distancing.	1800 632 753
Women's Information Service	Department for Human Services Ground floor, 101 Grenfell Street Adelaide SA 5000 Email: wis@sa.gov.au	1800 188 158
Jean Hailes Foundation	For Women's Health https://www.jeanhailes.org.au/	
Friendline This service provides support and a much-needed connection for those experiencing loneliness. It is not a crisis service	The support line is open: 2pm – 8pm, Monday & Friday 2pm – 6pm, Tuesday, Wednesday & Thursday 2pm – 5pm, Saturday & Sunday Visit www.friendsforgood.org.au for more information.	08 7078 6229 or free call 1800 424 287