

## IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
<b>Emergency Triage and Liaison</b>	24 hour crisis & emergency assistance	<b>13 14 65</b>
Lifeline Australia	<a href="https://www.lifeline.org.au">https://www.lifeline.org.au</a> Online Chat Available 7pm – 4am Daily	13 11 14
Headspace	<a href="http://www.headspace.org.au">http://www.headspace.org.au</a> Online Chat Available	1800 650 890
Suicide Call Back Service	<a href="https://www.suicidecallbackservice.org.au">https://www.suicidecallbackservice.org.au</a> Video Counselling Available 24/7	1300 659 467
StandBy Support after Suicide	<a href="https://standbysupport.com.au">https://standbysupport.com.au</a>	0437 752 458
Beyond Blue	<a href="http://www.beyondblue.org.au">http://www.beyondblue.org.au</a> Online Chat 3pm – 12 am Daily	1300 224 636
Parents Helpline	<a href="http://www.cyh.com">http://www.cyh.com</a>	1300 364 100
Men's Line	<a href="http://www.mensline.org.au">http://www.mensline.org.au</a> Online & Video Counselling Available	1300 789 978
Aboriginal Men's Referral Crisis Line	24/7	1800 435 799
Men's Referral Service		1300 766 491
Youth Healthline	<a href="http://www.cyh.com">http://www.cyh.com</a>	1300 131 719
Kids Helpline	<a href="http://www.kidshelp.com.au">http://www.kidshelp.com.au</a>	1800 551 800
Child & Adolescent Mental Health Service; Women's & Children's Health Network	<a href="http://www.wch.sa.gov.au/services/az/divisions/mentalhealth">http://www.wch.sa.gov.au/services/az/divisions/mentalhealth</a>	08 8724 7055 Mount Gambier
Blue Knot	<a href="http://www.blueknot.org.au">www.blueknot.org.au</a>	1300 657 380
Health Direct	<a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a>	1800 022 222
Alcohol and Drug Information Service	<a href="https://www.sahealth.sa.gov.au">https://www.sahealth.sa.gov.au</a>	1300 131 340
Counselling Online	Drug & Alcohol Counselling <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	1800 250 015
Quitline	<a href="https://www.quitlinesa.org.au">https://www.quitlinesa.org.au</a>	13 78 48
Drug & Alcohol Support	<a href="https://knowyouroptions.sa.gov.au/">https://knowyouroptions.sa.gov.au/</a> (South Australian callers only - local call fee) any day between 8:30am and 10:00pm	1300 131 340
Substance Misuse Limestone Coast	<a href="http://smlc.org.au">smlc.org.au</a>	08 8723 7310
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 <a href="http://www.letss.org.au">www.letss.org.au</a>
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
Uniting Communities	<a href="https://www.unitingcommunities.org/services/mental-health-counselling/">https://www.unitingcommunities.org/services/mental-health-counselling/</a>	1800 632 753

	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.	
Regional Access	<a href="http://www.saregionalaccess.org.au">www.saregionalaccess.org.au</a> Free online & telephone counselling 24/7	1300 032 186
Rebuild	Trauma based counselling and peer support to adults and child victims of crime.	1800 310 310
Victim Support Services (VSS)	Redress Support Service Free and confidential services to people affected by institutional child sexual abuse and domestic and family violence	1800 842 846
Reach Out	<a href="http://au.reachout.com">http://au.reachout.com</a>	02 8029 7777
Sane Australia	<a href="http://www.sane.org">www.sane.org</a>	1800 187 263
Conversation Matters	<a href="http://www.conversationsmatter.com.au">http://www.conversationsmatter.com.au</a> 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?	<a href="https://www.ruok.org.au">https://www.ruok.org.au</a>	N/A
Women's Information Service	Department for Human Services Ground floor, 101 Grenfell Street Adelaide SA 5000 Email: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	1800 188 158 Mount Gambier Library Monday-Friday 9am-4pm
Jean Hailes Foundation	For Women's Health <a href="https://www.jeanhailes.org.au/">https://www.jeanhailes.org.au/</a>	
Friendline This service provides support and a much-needed connection for those experiencing loneliness. It is <b>not</b> a crisis service	The support line is open: 2pm – 8pm, Monday & Friday 2pm – 6pm, Tuesday, Wednesday Thursday 2pm – 5pm, Saturday & Sunday <a href="http://www.friendsforgood.org.au">www.friendsforgood.org.au</a> for more information.	08 7078 6229  or  1800 424 287
Qlife	<a href="https://qlife.org.au">https://qlife.org.au</a> Online Chat Available LGTBIQA+	1800 184 527 3:00pm – 12:00am
Life in Mind	<a href="http://www.lifeinmindaustralia.com.au">www.lifeinmindaustralia.com.au</a>	02 4924 6900
Good Vibes Experiment – Flinders University	An evidence-based wellbeing programme to improve mental wellbeing. Also available are workshops, in person and online	<a href="https://students.flinders.edu.au/uni-life/goodvibes">https://students.flinders.edu.au/uni-life/goodvibes</a>
COVID-19 Support Line	<a href="http://www.sahealth.sa.gov.au/COVID2019">www.sahealth.sa.gov.au/COVID2019</a>	1800 632 753
Community Services Directory (online)	<a href="http://www.limestone.servicesdirectory.org.au">www.limestone.servicesdirectory.org.au</a>	<a href="https://limestone.servicesdirectory.org.au/contact/">https://limestone.servicesdirectory.org.au/contact/</a>