***You can call DHSA at any time (24/7) on 8366 0250 for urgent, confidential advice.*** *You will speak with one of our experienced and caring General Practitioners.*

**Crisis Care Unit phone 13 16 11**

* Counselling and practical help for individuals and families in any type of crisis.
* Available 4pm–9am Monday to Friday and 24 hours on Saturday, Sunday and public holidays.

**Lifeline phone 13 11 14**

Lifeline provides confidential telephone counselling. The free service:

* Is staffed by trained volunteers who are supported by professional staff
* Provides advice on relationship problems and personal wellbeing
* Helps people who may be thinking about suicide
* Is available 24 hours, 7 days a week
* Website [**www.lifeline.org.au**](http://www.lifeline.org.au/)

**CRANA Bush Crisis Line**

Toll free 24hr Telephone Counselling every day of the year - call **1800 805 391** - for ***ALL remote health workers/service providers and their families.***

**Suicide Call Back Service 24/7**

Suicide Call Back Service is a nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide - phone **1300 659 467** -[**www.suicidecallbackservice.org...**](http://www.suicidecallbackservice.org.au/)

**After Hours Psychiatry Clinic for Doctors & Medical Students only**(Clinic in Melbourne, but also able to do telehealth consults)*Dr Helen Schultz, Consultant Psychiatrist*- website [here](http://www.drhelenschultz.com/dr-helen-schultz-hours-clinic-exclusive-doctors-medical-students/).

**SA Regional Access (24/7 telephone & online counselling support to rural SA only)**

Commissioned by the [Country SA PHN](http://www.countrysaphn.com.au/), Regional Access is delivered by [On the Line](https://www.ontheline.org.au/), a professional social health business. [**Regional Access website.**](https://saregionalaccess.org.au/) Telephone **1300 032 186**.

**Living Hope phone 8277 4033**

* Counselling for people with any type of crisis.
* Filipino, Greek and Italian interpreters can be arranged.

**Bereaved by Suicide Support**

**Living Beyond Suicide** - ​*Metro South Australia* service - website [here](https://anglicaresa.com.au/support/suicide-support/living-beyond-suicide/)​. A free program providing practical and emotional support to families and individuals bereaved though suicide.​ Please call **1300 761 193** or email [lbs@anglicaresa.com.au](mailto:lbs@anglicaresa.com.au) to find out more.​

**Standby Suicide** - *Country South Australia* service - StandBy Support Mobiles: 0437 752 458 (South) 0438 728 644 (North) Email: standby@unitingcommunities.org - flyer available [here](http://doctorshealthsa.com.au/uploads/Standby-Suicide_Country-SA-DL-Flyer.pdf#asset:925)

**Alcohol and drugs**

**Al-Anon and Alateen phone**8231 2959

* Support for people affected by the alcohol problems of relatives or friends.

**Alcoholics Anonymous phone**8346 3255

* Counselling and support if you have an alcohol problem [**www.aa.org.au**](http://www.aa.org.au)

**Alcohol and Drug Information Service phone**1300 13 13 40

* Counselling service for people with drug and alcohol problems and their family and friends [**www.dassa.sa.gov.au**](http://www.dassa.sa.gov.au)

**Narcotics Anonymous phone**8272 8228

* Support for people affected by the drug problems of relatives or friends [**www.naranon.com.au**](http://www.naranon.com.au)

**Families & Colleagues**

**Domestic Violence Helpline phone**1800 800 098

* Counselling for victims of domestic violence and their concerned friends.
* Counselling for people who commit domestic violence.
* 1800 Respect support services - [**www.1800respect.org.au**](http://www.1800respect.org.au/)

**Gambling Helpline phone**1800 060 757

* Counselling, information and referral for people who are concerned about their own, or another person’s gambling [**www.problemgambling.sa.gov.au**](http://www.problemgambling.sa.gov.au)

**Men’s Help**

**MensLine Australia phone**1300 78 99 78

* A unique telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.
* Available 24/7
* [**www.mensline.org.au**](http://www.mensline.org.au/)

**Protection and safety**

**Victim Support Service phone 8231 5626 – country callers phone**1800 182 368

* Counselling and information for people who have been a victim of crime.
* 9am–5pm Monday–Friday.
* [**www.victimsa.org**](http://www.victimsa.org/)

**Yarrow Place Rape and Sexual Assault Service phone 8226 8787 (country callers 1800 817 421)**

* Emergency medical and counselling services for people who have been raped or sexually assaulted.
* Yarrow Place can help you report assault to the police, but you do not have to involve the police.
* [**www.yarrowplace.sa.gov.au**](http://www.yarrowplace.sa.gov.au/)