



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 counselling phone services

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.

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.

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

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...

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

Commissioned by the [Country SA PHN](#), Regional Access is delivered by [On the Line](#), a professional social health business. [Regional Access website](#). Telephone **1300 032 186**.

After Suicide Support Services

Rural SA - Standby Response [website](#) or telephone - Country SA Standby Support Mobiles: 0437 752 458 (South) 0438 728 644 (North) Email: standby@unitingcommunities.org

Metro Adelaide - Living Beyond Suicide [website](#) - telephone 1300 76 11 93 - Email: lbs@anglicaresa.com.au



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

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

Narcotics Anonymous phone 8272 8228

- Support for people affected by the drug problems of relatives or friends.
- www.naranon.com.au

Families

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

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

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

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



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