While you’re waiting for an appointment

There may be times when you are waiting for an appointment with a counsellor at headspace Adelaide. While we work to minimise the wait for you, the headspace Adelaide team have collated some information and quick tips to help in the mean time.

Emergency Contacts

headspace is not a crisis service.
If there is an emergency situation, or if you or someone else is in immediate danger or at risk of harm, contact the appropriate services listed below:

Women’s and Children’s Hospital - Emergency Department (under 18 years old) 8161 7044
Mental Health Triage (over 16 years old) 13 14 65
For all other emergencies 000

A problem can sometimes be too hard to solve alone, and asking for help might feel scary at first, but it gets easier over time. Some people you can ask to help support you could be:

Family
Friends
Doctor
Counsellor
Partner
Colleague
Teacher

Websites

headspace headspace.org.au
Youth Beyond Blue youthbeyondblue.com
The Black Dog Institute blackdoginstitute.org.au
The Anxiety Network anxietynetwork.com
Reachout reachout.com.au

Contacts

eheadspace 1800 650 890
Lifeline 13 11 14
Suicide Prevention Service 1800 859 585
Kids Helpline 1800 55 1800
Parent Helpline 1300 364 100

Apps

Smiling Mind
Reach Out - Worry Time
Reach Out - Breathe
Buddhify
Live Happy
Self Esteem Blackboard
Optimism
Depression CBT Self Help

For online and telephone support, you can call 1800 650 890 from 8.30am to midnight (SA time) any day of the week, or visit eheadspace.org.au. There is also another service for parents and carers too; for more information about this service, you can call 1800 650 890.