

Mental health support services

Lifeline 13 11 14 www.lifeline.org.au 0477 13 11 14 (text)

Lifeline 24/7 counselling service provides crisis and suicide prevention support through telephone and online counselling.

Kids Helpline 1800 55 1800 www.kidshelpline.com.au

Kids Helpline is a free, confidential, anonymous 24-hour counselling service for young people aged 5–25 years. Counselling is offered by phone, email and over the web.

Beyondblue 1300 22 4636 www.beyondblue.org.au

24/7 access to a trained mental health professional who will listen and provide information and advice. Online chat is available from 3pm – 12am 7 days a week – see website for details.

Mental Health Emergency 13 14 65

For assistance in a mental health emergency, available 24/7. This service is the main point of access for mental health services and is staffed by mental health clinicians.

Suicide Call Back Service (SCBS) 1300 659 467 www.suicidecallbackservice.org.au

The SCBS is a 24/7 nationwide service that provides telephone counselling to people 18 years and over who are feeling suicidal, caring for someone who is suicidal or bereaved by suicide.

Yarrow Place Rape and Sexual Assault Service 1800 817 421

24/7 crisis help, counselling, support and advice. (For people aged 16+)

Domestic Violence Helpline 1800 737 732 (1800RESPECT)

24/7 counselling advice and support for women experiencing domestic and family violence. **(non-crisis support)**

eheadspace 1800 650 890 www.eheadspace.org.au

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Physical health support services

Healthdirect 1800 022 222 www.healthdirect.gov.au

Out of hours GP support.

Urgent Care Clinic 8724 4000 10.00am – 8.00pm 7 Days a week 38 Sturt Street Mount Gambier

Bulk billed urgent health care for illnesses or injuries that cannot wait for a regular GP appointment but do not require hospital treatment.

In all emergency situations, visit the Emergency Department, Mount Gambier Hospital.

8721 1200 276-300 Wehl Street North