

support options 2025

headspace Port Adelaide

8215 6340

headspacePortAdelaide@centacare.org.au

Open Monday-Friday 8am-5pm

Support Services 2025

Emergency Support Options		
Mental Health Nurse (under 18) <i>Women's and Children Hospital Emergency Department</i>	Phone	(08) 8161 7000
SA Mental Health Triage (16+) <i>Provide advice and information in a mental health emergency or crisis. Staffed by mental health clinicians. Will assess and refer to acute response teams where appropriate.</i>	Phone (24/7)	13 14 65
Urgent Mental Health Care Centre (16+) <i>Free walk-in service for people experiencing a mental health crisis. An alternative to presenting at hospital for a mental health crisis.</i>	Phone or in person (24/7)	8448 9100 215 Grenfell Street Adelaide
Non-Urgent Police Assistance Line	Phone (24/7)	13 14 44
Emergency Services <i>If life is at imminent risk or in danger.</i>	Phone (24/7)	000

Talk to someone in the moment

Northern Adelaide Head to Health (18+) <i>Welcoming place for people to access mental health information, services, and supports from qualified professionals. Anyone can reach out for support for themselves or a loved one.</i>	Website	www.sonder.net.au/headtohealth
	Phone	1800 595 212
	In Person	23 Gillingham Rd, Elizabeth <i>Mon-Fri: 8.30am – 9.00pm Sat-Sun & public holidays: 12:00pm – 6.30pm</i>
Kids Helpline <i>Free, private, confidential, telephone and online counselling service specifically for young people aged 5-25, and parents/carers</i>	Website	www.kidshelpline.com.au
	Phone (24/7)	1800 55 1800
	Online chat (24/7)	www.kidshelpline.com.au/get-help/webchat-counselling
eheadspace <i>Confidential, free online and telephone counselling service staffed with qualified youth mental health professionals, for 12-25 year olds and their families or friends.</i>	Phone – 9am to 1am (AEST), everyday	1800 650 890
	Online Chat – 9am to 1am (AEST), everyday	www.headspace.org.au/eheadspace/connect-with-a-clinician
	Online group chats	www.headspace.org.au/eheadspace/group-chat
Lifeline <i>Crisis Support, there to listen, without judgement and to advocate for equal opportunities for mental wellbeing.</i>	Website	www.lifeline.org.au
	Phone (24/7)	13 11 14
	Text (24/7)	0477 13 11 14
Reach Out <i>Online mental health service for young people and their parents.</i>	Website	www.au.reachout.com
	Peer chat online – Mon-Thurs 3pm-8pm, Friday 1pm-5pm AEST	www.au.reachout.com/peerchat

Lived Experience Telephone Support Service <i>Support and understanding that comes from those who have walked a similar path. Support for people with mental health conditions and their carers, family, and friends.</i>	Phone - 5pm-11.30pm	1800 013 755
Beyond Blue <i>Mental health information or qualified support for yourself or someone else.</i>	Phone (24/7)	1300 224 636
	Webchat (24/7)	www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat
	Website	www.beyondblue.org.au
Suicide Call Back Service (15+) <i>Free professional telephone and online counselling for anyone with thoughts of suicide or self-harm who may be in crisis.</i>	Website	www.suicidecallbackservice.org.au
	Phone (24/7)	1300 659 467
	Online Counselling	www.suicidecallbackservice.org.au/phone-and-online-counselling
	Worried about Someone	www.suicidecallbackservice.org.au/resources/worried-about-someone
	Lost Someone to Suicide	www.suicidecallbackservice.org.au/resources/lost-someone-suicide
13 YARN <i>Aboriginal and Torres Strait Islander Peoples crisis support to yarn with you without judgement and provide a confidential, culturally safe space to yarn about your needs, worries, or concerns.</i>	Phone (24/7)	13 92 76
	Website	www.13yarn.org.au
1800RESPECT <i>Support for people impacted by domestic, family, or sexual violence</i>	Phone (24/7)	1800 737 732
	Text (24/7)	0458 737 732
	Online chat (24/7)	1800respect.org.au

Griefline (18+) <i>Free counselling services and support for people experiencing grief, loss and/or trauma.</i>	Website	https://griefline.org.au/
	Phone – 6am to 2am (AEST), 7 days a week	08 6244 8196 (SA State Hotline Number)
Yarrow Place <i>Rape and sexual assault service for anyone who has been sexually assaulted. Free and confidential service for people aged 16 years and over at the time of the sexual assault.</i>	Phone	1800 8917 421
	Website	https://www.wchn.sa.gov.au/our-network/yarrow-place
	In person	64 Pennington Terrace, North Adelaide
Western Wellbeing Hub <i>A range of free mental health services for Adults (16+), children and families (0-11), and new or expecting parents, living in Western Adelaide.</i>	Website	https://sonder.net.au/programs/western-wellbeing/

LGBTIQA+ Support

QLife <i>Anonymous, free LGBTIQA+ peer support for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.</i>	Website	www.qlife.org.au
	Phone – 3pm to midnight (AEST), everyday	1800 184 527
	Webchat – 3pm to midnight (AEST), everyday	www.qlife.org.au/resources/chat

Eating and Body Image Concerns

Butterfly Foundation <i>Free and confidential support for eating disorders and body image concerns. For people seeking support for themselves or someone they care about.</i>	Website	www.butterfly.org.au
	Phone – 8am to midnight (AEST), 7 days a week	1800 33 4673
	Online Chat – 8am to midnight (AEST), 7 days a week	www.butterfly.org.au/get-support/chat-online

Support for caregivers, family, and friends

Parentline <i>Information and support for parents.</i>	Website	www.kidshelpline.com.au/parents
SA Parent Helpline – <i>Telephone information and support for parents.</i>	Phone – 7.15am to 9.15pm, everyday	1300 364 100

Legal advice

Youth Law Australia <i>Free, confidential legal information and help for young people under 25.</i>	Website	www.yla.org.au
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Alcohol and Drug Usage Support

Counselling Online

Free and confidential service, providing 24/7 support to people across Australia affected by alcohol and drug use.

Website

<https://www.counsellingonline.org.au/>

South Australia Alcohol and Drug Information Service (ADIS)

Confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals.

Phone – 8:30am to 10pm, 7 days a week)

1300 13 1340

Health Information

Health Direct

Provides easy access to free health information and advice online and over the phone.

Website

<https://www.healthdirect.gov.au/>

Phone – 24/7, speak directly with a registered nurse

1800 022 222

Support options

Askizzy

Mobile website that connects people who are in crisis with the services they need right now and nearby E.g. Food, housing, money help, everyday needs.

Website

<https://askizzy.org.au/>