

# headspace Port Adelaide holiday hours

Thursday 19<sup>th</sup> 9am-11.30am reopen 2.30pm-5pm

Friday 20<sup>th</sup> December 9am-5pm

Monday 23<sup>rd</sup> December 9am-5pm

Tuesday 24<sup>th</sup> December 9am-12pm

CLOSED Wednesday 25<sup>th</sup> December – Wednesday  
1<sup>st</sup> January

Reopen Thursday 2<sup>nd</sup> January 9am-5pm

# Support Services 2024

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

## Talk to someone in the moment

<b>Northern Adelaide Head to Health (18+)</b> <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	<a href="http://www.sonder.net.au/headtohealth">www.sonder.net.au/headtohealth</a>
	Phone	1800 595 212
	In Person	23 Gillingham Rd, Elizabeth <i>Mon-Fri: 8.30am – 9.00pm            Sat-Sun &amp; public holidays: 12:00pm – 6.30pm</i>
<b>Kids Helpline</b> <i>Free, private, confidential, telephone and online counselling service specifically for young people aged 5-25, and parents/carers</i>	Website	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
	Phone (24/7)	1800 55 1800
	Online chat (24/7)	<a href="http://www.kidshelpline.com.au/get-help/webchat-counselling">www.kidshelpline.com.au/get-help/webchat-counselling</a>
<b>eheadspace</b> <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	<a href="http://www.headspace.org.au/eheadspace/connect-with-a-clinician">www.headspace.org.au/eheadspace/connect-with-a-clinician</a>
	Online group chats	<a href="http://www.headspace.org.au/eheadspace/group-chat">www.headspace.org.au/eheadspace/group-chat</a>
<b>Lifeline</b> <i>Crisis Support, there to listen, without judgement and to advocate for equal opportunities for mental wellbeing.</i>	Website	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
	Phone (24/7)	13 11 14
	Text (24/7)	0477 13 11 14
<b>Reach Out</b> <i>Online mental health service for young people and their parents.</i>	Website	<a href="http://www.au.reachout.com">www.au.reachout.com</a>
	Peer chat online – Mon-Thurs 3pm-8pm, Friday 1pm-5pm AEST	<a href="http://www.au.reachout.com/peerchat">www.au.reachout.com/peerchat</a>

<p><b>Lived Experience Telephone Support Service</b>  <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></p>	<p>Phone - 5pm-11.30pm</p>	<p>1800 013 755</p>
<p><b>Beyond Blue</b>  <i>Mental health information or qualified support for yourself or someone else.</i></p>	<p>Phone (24/7)</p>	<p>1300 224 636</p>
	<p>Webchat (24/7)</p>	<p><a href="http://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat">www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat</a></p>
	<p>Website</p>	<p><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p>
<p><b>Suicide Call Back Service (15+)</b>  <i>Free professional telephone and online counselling for anyone with thoughts of suicide or self-harm who may be in crisis.</i></p>	<p>Website</p>	<p><a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a></p>
	<p>Phone (24/7)</p>	<p>1300 659 467</p>
	<p>Online Counselling</p>	<p><a href="http://www.suicidecallbackservice.org.au/phone-and-online-counselling">www.suicidecallbackservice.org.au/phone-and-online-counselling</a></p>
	<p>Worried about Someone</p>	<p><a href="http://www.suicidecallbackservice.org.au/resources/worried-about-someone">www.suicidecallbackservice.org.au/resources/worried-about-someone</a></p>
	<p>Lost Someone to Suicide</p>	<p><a href="http://www.suicidecallbackservice.org.au/resources/lost-someone-suicide">www.suicidecallbackservice.org.au/resources/lost-someone-suicide</a></p>
<p><b>13 YARN</b>  <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></p>	<p>Phone (24/7)</p>	<p>13 92 76</p>
	<p>Website</p>	<p><a href="http://www.13yarn.org.au">www.13yarn.org.au</a></p>
<p><b>1800RESPECT</b>  <i>Support for people impacted by domestic, family, or sexual violence</i></p>	<p>Phone (24/7)</p>	<p>1800 737 732</p>
	<p>Text (24/7)</p>	<p>0458 737 732</p>
	<p>Online chat (24/7)</p>	<p><a href="http://1800respect.org.au">1800respect.org.au</a></p>

<b>Griefline (18+)</b> <i>Free counselling services and support for people experiencing grief, loss and/or trauma.</i>	Website	<a href="https://griefline.org.au/">https://griefline.org.au/</a>
	Phone – 6am to 2am (AEST), 7 days a week	08 6244 8196 (SA State Hotline Number)
<b>Yarrow Place</b> <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	<a href="https://www.wchn.sa.gov.au/our-network/yarrow-place">https://www.wchn.sa.gov.au/our-network/yarrow-place</a>
	In person	64 Pennington Terrace, North Adelaide
<b>Western Wellbeing Hub</b> <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	<a href="https://sonder.net.au/programs/western-wellbeing/">https://sonder.net.au/programs/western-wellbeing/</a>

## LGBTIQA+ Support

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

## Eating and Body Image Concerns

<b>Butterfly Foundation</b> <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	<a href="http://www.butterfly.org.au">www.butterfly.org.au</a>
	Phone – 8am to midnight (AEST), 7 days a week	1800 33 4673
	Online Chat – 8am to midnight (AEST), 7 days a week	<a href="http://www.butterfly.org.au/get-support/chat-online">www.butterfly.org.au/get-support/chat-online</a>

## Support for caregivers, family, and friends

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

## Legal advice

<b>Youth Law Australia</b> <i>Free, confidential legal information and help for young people under 25.</i>	Website	<a href="http://www.yla.org.au">www.yla.org.au</a>
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## Alcohol and Drug Usage Support

<p><b>Counselling Online</b>  <i>Free and confidential service, providing 24/7 support to people across Australia affected by alcohol and drug use.</i></p>	<p>Website</p>	<p><a href="https://www.counsellingonline.org.au/">https://www.counsellingonline.org.au/</a></p>
<p><b>South Australia Alcohol and Drug Information Service (ADIS)</b>  <i>Confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals.</i></p>	<p>Phone – 8:30am to 10pm, 7 days a week)</p>	<p>1300 13 1340</p>

## Health Information

<p><b>Health Direct</b>  <i>Provides easy access to free health information and advice online and over the phone.</i></p>	<p>Website</p>	<p><a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a></p>
	<p>Phone – 24/7, speak directly with a registered nurse</p>	<p>1800 022 222</p>

## Support options

<p><b>Askizzy</b>  <i>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.</i></p>	<p>Website</p>	<p><a href="https://askizzy.org.au/">https://askizzy.org.au/</a></p>
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