

Helpful Websites

E-Couch

E-couch offers self-help information and tools online

www.ecouch.org.au

Mindspot

Mindspot can provide a number of online courses to help people manage symptoms of depression

www.mindspot.org.au

Moodgym

Moodgym is a free and interactive online resource that helps people learn how to cope with depression and anxiety

www.moodgym.com.au

Skylight/SANE Partnership Forums

Moderated, online discussion forums for people to discuss their mental health and also for families, friends and carers

www.skylight.saneforums.org/

Womens Safety Services

Supports women and children who are experiencing domestic violence

www.womenssafetyservices.com.au

Zahra Foundation Australia

Support women and children who suffer financial abuse as a result of domestic violence

www.zahrafoundation.org.au



SEE MENTAL HEALTH DIFFERENTLY

Ph: (08) 8378 4100

W: skylight.org.au

E: skylight@skylight.org.au

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

METRO LOCATIONS

Mile End

Christies Beach

Elizabeth

REGIONAL LOCATIONS

Murraylands

Limestone Coast

Ernabella



Registered NDIS Provider:
4050000735



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Useful Community Supports

Support Information

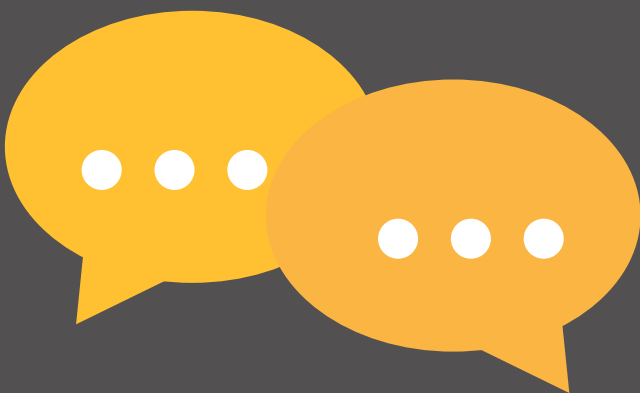


SEE MENTAL HEALTH DIFFERENTLY

Support Services

There are a variety of supports available across South Australia.

If you want to connect with a service or find information, we have compiled a list of contacts that you may find valuable in times of need.



www.skylight.org.au

Emergency Services 000
Police / Fire / Ambulance
24/7

Mental Health Triage 131 465
Provides advice and information in a mental health emergency or crisis situation
24/7

Suicide Call Back Service 1300 659 467
Provides telephone and online counselling to people affected by suicide
24/7

Lifeline 131 114
Crisis Support & Suicide (SMS) 0477 13 11 14 Prevention
24/7

LETSS 1800 013 755
Lived Experience Telephone Support Service is a caring voice over the phone for support with mental health distress
5pm - 11:30pm every night

SAPOL 131 444
For police assistance
24/7

Mensline 1300 789 978
Free telephone or online counselling service offering support for men
24/7

QLife 1800 184 527
LGBTIQA+ peer support and service referral
3pm—midnight daily

Beyond Blue 1300 224 636
A free and safe space for people to talk to improve mental health via phone or online
24/7

Safe Haven (08) 8209 0700
Drop-in mental health service
9 John St Salisbury
Tues-Fri 5pm-9pm

Urgent Mental Health Care Centre (UMHCC) 8448 9100
215 Grenfell St, Adelaide
UMHCC offers an alternative to presenting at hospital emergency departments for a mental health crisis
24/7

Domestic Violence Crisis Line 1800 800 098
Support for people experiencing domestic violence
24/7

Kids Help Line 1800 551 800
Telephone counselling for children and young people aged 5–25 years
24/7

1800 Respect 1800 737 732
A confidential counselling, information and referral service for people experiencing domestic, family or sexual violence
24/7

Health Direct 1800 022 222
A free service where you can talk to a nurse or doctor about your health symptoms
24/7

Homelessness Gateway 1300 003 308
Support and access to emergency accommodation
24/7

FriendLine 1800 424 287
For anyone who needs to reconnect or just wants to chat
Tues, Wed, Thurs 6-8pm. Sat & Sun 2-5pm

Grief Line 1300 845 745
Free counselling support to people experiencing grief and loss
Daily 12pm to 3am