

## Helpful Websites

### E-Couch

E-couch offers self-help information and tools online

[www.ecouch.org.au](http://www.ecouch.org.au)

### Mindspot

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

[www.mindspot.org.au](http://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](http://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/](http://www.skylight.saneforums.org/)

### Womens Safety Services

Supports women and children who are experiencing domestic violence

[www.womenssafety.com.au](http://www.womenssafety.com.au)

### Zahra Foundation Australia

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

[www.zahrafoundation.org.au](http://www.zahrafoundation.org.au)



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Ph: (08) 8378 4100

W: [skylight.org.au](http://skylight.org.au)

E: [skylight@skylight.org.au](mailto: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:

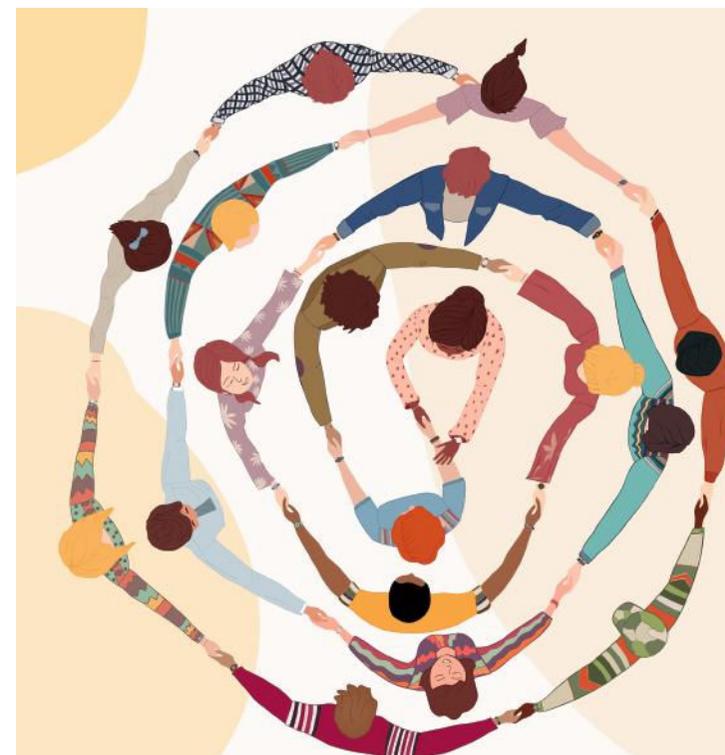
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# Useful Community Supports

Support Information

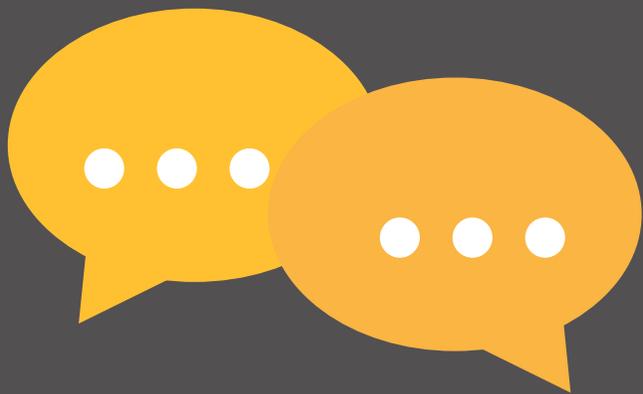


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# Support Services

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](http://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 Prevention (SMS) 0477 13 11 14

**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

LGBTIQ+ 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** 8448 9100

(UMHCC) 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**