

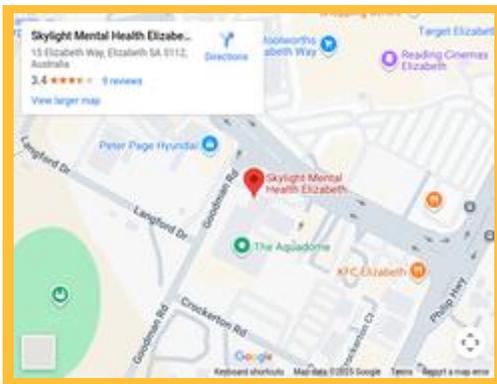
# Distress Brief Support

## 1800 327 327

9:00am – 5:00pm

Mon–Fri

(excluding public holidays)



15 Elizabeth Way, Elizabeth SA 5112



[skylight.org.au/DBS](https://skylight.org.au/DBS)



SEE MENTAL HEALTH DIFFERENTLY

Skylight Mental Health

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ABN: 85 595 741 081

Funded by



An Australian Government Initiative

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Skylight acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Skylight celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Registered NDIS Provider: 4050000735



SEE MENTAL HEALTH DIFFERENTLY

# Distress Brief Support Service

A free, short-term support service for when you're feeling overwhelmed or stressed.



SEE MENTAL HEALTH DIFFERENTLY



## What is DBS?

**Distress Brief Support (DBS) is a short-term, non-clinical support service for adults in Adelaide's northern suburbs who are experiencing stress.**

Delivered by lived experience peer workers, DBS offers:

- A listening ear
- Support navigating challenges
- Connection to other supports
- Hope and validation from someone who understands

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

## How it works

Contact Skylight's DBS service on **1800 DBS DBS** (1800 327 327).

You'll be connected with a lived experience peer worker who will:

- Listen to understand what's going on
- Support you to make a simple, achievable plan
- Walk alongside you for up to 3 weeks of compassionate support

Together, you might:

- Debrief after a stressful event
- Problem-solve immediate issues
- Strengthen your personal coping skills
- Connect with community or support services
- Rebuild a sense of hope and direction

***The Distress Brief Support Service is available in Adelaide's northern suburbs and accessible via 1800 DBS DBS***

## Who it's for

If you're:

- Feeling overwhelmed, stressed, isolated or unsure what to do next
- 18 years of age or older
- Living in Adelaide's outer northern suburbs

Then DBS might be right for you.

You don't need a diagnosis or referral. Just reach out.

## ACCESSING SUPPORT

Reach out today



**1800 DBS DBS**  
(1800 327 327)



Available in the  
northern suburbs  
of Adelaide



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