



INDIGENOUS SUPPORT SERVICES

Aboriginal Family Support Services 08 8205 1500	Aboriginal Community Connect 08 8344 6054
Aboriginal Legal Rights Movement 08 8113 3177	APY Lands Substance Misuse Service 08 8955 8354
Kurlana Tampawardli (Housing) 08 8202 5610	Shine SA 1300 794 584
Aboriginal Community Care SA 08 8346 9155	Aboriginal Health Council of SA 08 8273 7200 Nunkuwarrin Yunti of SA 08 8406 1600



LGBTQI - HEALTH & SUPPORT SERVICES

Shine SA 1300 794 584	BLife LGBTQI peer support, Community events calendar 08 8202 5190
Shine SA Hyde Street Practice 08 7099 5320	COTA: The LGBTQI People Ageing Well Project Desmond Ford 08 8224 5538
PsychMed 08 8232 2424	
O'Brien Street General Practice 08 8231 4026	
QLife counselling and referral service for LGBTQI: 1800 184 527 (3pm to midnight)	

TRANSCULTURAL SUPPORT SERVICES

CASSA (Vietnamese GHS) 08 8447 8821

Overseas Chinese Association (Chinese GHS) 08 8445 7355

CALD Families Service run by:
Australian Migrant Resource Centre of SA 08 8283 0844
African parenting and family skills development: run by
African Communities Council of SA 08 8217 9520

Australian Migrant Resource Centre of SA 08 8217 9505

Australian Refugee Association 08 8354 2951

Centrelink Multilingual: 13 12 02

FORENSIC & LEGAL SERVICES

Legal Services Commission of SA 1300 366 424	Legal Services Commission Child Support 08 8111 5576
Women's Legal Service 08 8221 5553	Child Support 1300 12 72
Women's Domestic Violence Court Assistance Service 1800 842 846	Consumer Credit Law Centre 08 8342 1800
Gambling Helpline 1800 858 858	Housing SA 13 12 99
Centre for Restorative Justice 08 8249 0709	
Centrelink 13 61 50	





Funded through the Gamblers Rehabilitation Fund



GAMBLING

For every problem gambler, nine other people's lives are affected.

Do you, or someone you know, have a gambling problem?

For 24/7 fee free and confidential help contact:
Gambling Help Service 1800 858 858

OR **PsychMed: SA Gambling Helpline** 08 8232 3333
Oars – Gambling Support Service 08 8218 0700

GAMING

Do you, or someone you know, have a problem with gaming?

Is your gaming creating social withdrawal and isolation, loss of interest in other activities, taking control of your time?

For fee free and confidential help contact:
PsychMed 08 8232 2424

SUICIDE

Are you feeling unsafe or need help?

24hr Menal Health Triage 18yrs + 13 14 65	Beyondblue info line 1300 224 636
Women's & Children's Hospital under 18's 08 8161 7000	PANDA (Postnatal & Antenatal Depression Association) 1300 726 306
Lifeline 13 11 14	ANGLICARES Suicide Prevention Service (available Mon-Fri, 9-5) 08 8305 9200
Suicide Call Back Service 1300 659 467	PsychMed - Sips - Structured Intervention Program for Suicide Attempters 08 8232 2424
Mensline Australia 1300 789 978	

TRAUMA

Do you experience any of the following: nightmares; flash backs; queued recall; severe anxiety; loss of interest; emotional detachment; avoidance of situations?

PsychMed Cognitive processing therapy (CPT) 08 8234 2424 for free assessment and treatment. Supported by APHN.

Relationships Australia
1300 364 277 (metro) 1800 182 325 (Country)

RSB ASSISTANCE DOGS Operation K9: 08 8417 5656

DOMESTIC AND FAMILY VIOLENCE & SEXUAL ASSAULT

If you are in life-threatening or urgent situation call 000 and ask for police. Non-urgent police 131 444

Domestic Violence Crisis Line for crisis counselling, and referral to safe accommodation: 1800 800 098	Women's Information Service 08 8303 0590
1800RESPECT for Sexual Assault and Domestic & Family Violence: 1800 737 732	MensLine Australia 1300 789 978
	Kids Helpline 1800 551 800
	Families SA 08 8226 1000
	Yarrow Place 08 8226 8777

ALCOHOL AND OTHER DRUGS

Alcohol & Drug Information Service 1300 131 340	PsychMed – Matrix & RPG Central 08 8232 2424
(DASSA) 08 7425 5000	PsychMed – Matrix & RPG South 08 8236 6600
Drug ARM (CAFSS) 08 8296 4777	PsychMed – Matrix & RPG SW 08 7444 4260
Family Drug Support 24/7 1300 368 186	PsychMed – Matrix & RPG North 08 8281 2499
Northern Connect 08 8209 0700	Uniting Communities – Streetlink 08 8202 5950
Offenders Aid OARS 08 8218 0700	