

GET HELP NOW

If you had a broken leg you'd get help. If we have a challenge with our mind we need to seek and get that same help.

Tailored to South Australia, this list of websites, phone numbers and apps will help you know how to get help now.



SERVICES:

Mental Health Triage

Crisis 24 hours
13 14 65

TIACS - This Is A Conversation Starter

0488 846 988
www.tiacs.org

LETTS - Lived Experience Telephone Service

1800 013 755
www.letss.org.au

Support After Suicide

0437 752 458
www.unitingcommunities.org/find-a-service/
services/standby-response-service

Regional Access – Country SA residents

1300 032 186
Free online and telephone counselling 24/7
www.saregionalaccess.org.au

Men's Line

1300 789 978
www.mensline.org.au
Online & video counselling also available

13 YARN (13 92 76)

24/7 national crisis line support for Indigenous
Australians
Beyond Blue
1300 224 636
www.beyondblue.org.au
Online chat 3pm-12am daily

Lifeline

13 11 14
www.lifeline.org.au
Online chat 7pm – 4am

UMHCC Walk In - Urgent Mental Health Care Centre

215 Grenfell St Adelaide
8448 9100

Reach Out

www.au.reachout.com

Ifarmwell

www.ifarmwell.com.au

APPS:



BeyondNow

- Android / Apple devices.
- Confidential suicide safety plan to assist you through tough moments.



MyCalmBeat

- Android / Apple devices.
- Brain exercises that help improve your ability to manage stress through slow breathing.



Lifeback Tracker

- Android / Apple devices.
- Early intervention tool to help ward off early signs of stress before they escalate into a more serious mind health challenge.



ReachOut Breathe

- Apple devices.
- Helps reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.



Smiling Mind

- Android / Apple devices.
- Modern meditation.
- unique web and app-based program developed by psychologists and educators.



Buddhify

- Android / Apple devices.
- Mindfulness-based meditation.



iCope

- Apple or Android devices.
- Offering alternatives to deliberate self-harm.
- Practical easy steps to distract, displace and seek help.
- Automatically sends inspirational messages and reassuring statements, in your own words.