



Mental Health Supports - SA

The nature of these services means **they are available 24/7 so please call them as soon as you can to get some support.**

Employers should ask employees to confide in family members, to contact their doctor or a support service listed below and to stay in touch with them (the employer contact) to advise how you are going, what appointments are arranged and eventually when they plan to return to work, of course they may need to be reminded to provide a medical certificate for their absence.

Support Services

Mental Health Triage Service - 13 14 65

The SA Health Mental Health Triage Service **operates 24 hours a day, 7 days a week.** This service:

- is the main point of access into mental health services
- can provide advice and information in a mental health emergency or crisis situation
- is staffed by mental health clinicians
- will assess and refer to acute response teams where appropriate.

If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone the mental health triage service on [13 14 65](tel:131465).

<https://samentalhealthcommission.com.au/need-help/>

Suicide Call Back Service (SCBS): 1300 659 467

The SCBS is a 24/7 nationwide service that provides telephone counselling to people 18 years and over who are feeling suicidal, caring for someone who is suicidal or bereaved by suicide.

www.suicidecallbackservice.org.au

Financial Aid Services

This is Government department that has financial support for families in crisis, it is the Department of Human Services (Centrelink) <https://www.servicesaustralia.gov.au/individuals/subjects/crisis-and-special-help>

<https://www.salvationarmy.org.au/need-help/financial-assistance/>

<https://www.sa.gov.au/topics/care-and-support/concessions-and-grants/emergency-financial-aid>

<https://moneysmart.gov.au/managing-debt/urgent-help-with-money>

Support for Families, including Schooling

<https://www.thesmithfamily.com.au/about-us>

TRISH REABURN, Prime Partner

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