

## South Australia

*If you're feeling upset or overwhelmed, here are some places you can go for support:*

### **EMERGENCY: 000**

#### **Mental Health Emergency Hotline**

13 14 65

SA Mental Health Triage Service, available 24 hours a day, 7 days a week

#### **Q LIFE**

Phone & online counselling, information and resources

3pm-Midnight: 1800 184 527

<https://qlife.org.au/>

#### **Lifeline**

13 11 14

<https://www.lifeline.org.au/>

#### **Kids Helpline**

1800 55 1800

<https://kidshelpline.com.au/>

#### **Suicide Call Back Service**

1300 659 467

<https://www.suicidecallbackservice.org.au/contact-us/>

#### **Beyond Blue**

1300 22 4636

<https://www.beyondblue.org.au/about-us/contact-us>

#### **SANE Australia**

1800 187 263

<https://www.sane.org/get-help>

#### **Mens Line Australia**

1300 78 99 78

<https://mensline.org.au/>

#### **eHeadspace**

online Psychology & Counselling services. Webchat available.

<https://headspace.org.au/eheadspace/>

#### **Aboriginal Family Legal Service**

1800 469 246

<https://www.afls.org.au/>

## **1800 RESPECT**

24-hour support line for people impacted by sexual assault, domestic or family abuse  
1800 737 732

*Headspace centres around the country provide free mental health care for young people. Find a headspace centre near you:*

### **Headspace**

Psychology & Counselling services, information and resources. Various locations around Australia.  
<https://headspace.org.au/headspace-centres/>

*Aboriginal Community Controlled Health Organisations can provide mental health care and wellbeing support for Aboriginal and Torres Strait Islander people.*

*You can see the Aboriginal Community Controlled Health Organisations near you by visiting your state's peak body:*

### **Aboriginal Health Council of South Australia**

<https://ahcsa.org.au/members/>

*Visit one of our partner/supporter organisations.*

*Our partner/supporter organisations are committed to supporting Aboriginal and Torres Strait Islander LGBTQA+ young people:*

### **Nunkuwarrin Yunti of SA Inc**

<https://nunku.org.au/>

*Other services in your state/territory that can offer support:*

### **SA Aboriginal Mental Health Support and Advice Line (Thirilli)**

(1800 841 313)

### **SHINE SA**

<https://shinesa.org.au/>

(8300 5300)

### **SA Mental Health Triage (24/7)**

(131 465)

### **Bfriend**

<https://www.unitingcommunities.org/mental-health-counselling/lgbtiq-services-bfriend/>

(08 8202 5190)

*Aboriginal and Torres Strait Islander LGBTQA+ community groups across Australia offer support and belonging:*

**First People's Rainbow Mob WA**

<https://rainbowmob.jimdofree.com/>

**Black Rainbow**

<http://www.blackrainbow.org.au/>

**Moolagoo Mob & Blak Lemons SA**

<https://www.facebook.com/groups/192121764142222/>

**Sistergirls & Brotherboys**

<https://www.facebook.com/groups/sistergirls.brotherboys/>

**IndigiLez**

<http://www.indigilez.org/>

**2 Spirits**

[https://www.facebook.com/pg/2SpiritsQUAC/about/?ref=page\\_internal](https://www.facebook.com/pg/2SpiritsQUAC/about/?ref=page_internal)

**Gar'ban'djee'lum Network**

<https://www.afao.org.au/article/us-mob-garbandjeelum-network/>

**BlaQ Aboriginal Corporation**

<https://www.blaq.org.au/>

**First Nations Rainbow**

<https://www.facebook.com/firstnationsrainbow/>

**ACT Aboriginal and Torres Strait Islander LGBTQI Network**

<https://www.facebook.com/actindigenouslgbtqi/>

**Tekwabi Giz**

<https://lgbtihealth.org.au/tekwabigiz/>