

## WHERE CAN I GO FOR HELP? Where can I find help for others?

This help sheet is provided by Anglicare Willochra with the aim of providing our agencies and congregations with a brief overview of services available to help in a variety of situations. While this list is broad it is by no means exhaustive. Spaces have been allocated for you to record local contacts. If you have any information to update the help sheet please email it to [anglicare@diowillochra.org.au](mailto:anglicare@diowillochra.org.au).

A COMPREHENSIVE AND CONFIDENTIAL ONLINE SERVICE FINDER IS PROVIDED BY LIFELINE, search database using keywords for the type of service and location required. [http://www.lifeline.org.au/find\\_help/service\\_finder](http://www.lifeline.org.au/find_help/service_finder)

EMERGENCY	Police Fire Brigade Ambulance	Call for police support, an ambulance or the fire brigade involving personal safety (e.g. suicidal feelings, domestic violence or homicide) Teletype - 106, GSM mobile phone (if 000 does not work) - 112 Police Assistance (non-urgent) - 13 1444	000
	CFS	<a href="http://www.cfs.sa.gov.au">www.cfs.sa.gov.au</a> Current incident list, news and updates	1300 362 361
	State Emergency Service (SES)	<a href="http://www.ses.sa.gov.au">www.ses.sa.gov.au</a> Floods and storm assistance	132 500
	Local Medical Service / Hospital	<i>Local contacts:</i>	
CHILDREN & YOUTH	Child Abuse Report Line	<a href="http://www.familiesandcommunities.sa.gov.au">www.familiesandcommunities.sa.gov.au</a> Report suspected child abuse through the 24 hour Child Abuse Report Line. * The Diocese of Willochra is a Child Safe Environment.	13 14 78
	Child & Adolescent Mental Health Services (CAMHS)	0-18 years old. If urgent ask for Duty Worker, or else there could be a 2 week wait for initial intake interview.	1800 819 089
		Port Lincoln - also does outreach work	8632 5304

	Child Abuse Prevention Service	<a href="http://www.childabuseprevention.com.au">www.childabuseprevention.com.au</a> CAPS runs a free helpline offering support, information, referral and crisis intervention for parents, carers, kids, families, those working with kids/families and other people.	1800 688 009
	Kids Help Line	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a> Children and young people 5-25 years Phone Counselling 24 hours, 7 days per week. Web and email counselling available. Free and will not show up on phone bill.	1800 551 800
	Parent Help Line	<a href="http://www.parenting.sa.gov.au">www.parenting.sa.gov.au</a> Parentline is a confidential telephone counselling service providing professional counselling and support for parents and those who care for children.	1300 364 100
	Youth Help Line	Age 12-25 A confidential telephone health information, referral and support service for young people, available 24 / 7 Young people can ring for information about health issues including: physical health, mental health, relationships, stress, sexual health, sexuality and identity, alcohol /drugs.	1300 131719
COUNSELLING	Anglicare SA Loss & Grief Centre	Grief Counselling for adults and children STAR BEAR - free camps for children who are bereaved (ages 5-13; teens) YOUNG WIDOWS SUPPORT GROUP Self support group for widows and widowers BANANA SPLITZ for children and teens living with parental separation HOMICIDE VICTIM SUPPORT GROUP for families and friends of homicide victims	8301 4200
	Country Health SA Counsellors		Mid North: 866 72458
	Crisis Care	After hours crisis support from Dept Families and Communities (violence and abuse, suicide, child protection, homelessness, urgent financial need, natural disasters, etc) 4pm-9am plus weekends & public holidays.	131 611
	Dads in Distress	<a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a> Support group of men whose immediate concern is to avoid male suicide due to the trauma of divorce or separation. 24 hour	1300 853 437
	Lifeline	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a> Lifeline's 13 11 14 service is staffed by trained volunteer telephone counsellors 24 hours. LIFELINE ONLINE SERVICE FINDER - search database using keywords for the type of service and location required. <a href="http://www.lifeline.org.au/find_help/service_finder">http://www.lifeline.org.au/find_help/service_finder</a>	13 11 14
	Life Goes On	<a href="http://www.lifegoeson.org.au">www.lifegoeson.org.au</a> Telephone counselling for patients & families facing serious illnesses.	1300 364 673
	Rural Women's Mental Health Counselling Service		1300 882 880

		To speak with a nurse	
	Rural Women's Counselling Service	The RWTCS offers a confidential information, referral and phone counselling service for women who live outside the metropolitan region.	1800 182 098
	Women's Information Service SA	Information and referrals relevant to women, all subjects	1800 188 158
	Yarrow Place	Rape and sexual assault service 9-5, Monday -Friday. Recent sexual assault 24 hours service	1800 817 421 (08) 8226 8787
	Youth Counselling	A counselling service specifically for children and young people 12 to 25 years old. <a href="http://www.ischs.com">www.ischs.com</a>	8377 1055
<b>DOMESTIC VIOLENCE</b>	Domestic Violence Helpline	Telephone counselling & information about services for those affected by abuse or who are troubled by their own behaviour - 24 hours	1800 800 098
	Domestic Violence Crisis Service	Telephone and face to face counselling, referral to safe accommodation - 24 hours	1300 782 200
<b>DRUGS AND ALCOHOL</b>	Alanon / Alateen	Hope and help for families and friends of alcoholics	1300 252 666 1300 ALANON
	Alcohol and Drug Information Services <a href="http://www.adin.com.au">www.adin.com.au</a>		
	Alcoholics Anonymous	<a href="http://www.aa.org.au">www.aa.org.au</a>	Port Augusta 8642 6563 Port Lincoln 8682 4561 Port Pirie 8633 4408 Quorn 8648 6176 Whyalla 8649 2036
	Direct Line	Professional drug and alcohol counselling using texting <a href="http://www.counsellingonline.org.au/en/">http://www.counsellingonline.org.au/en/</a>	1800 888 236
	Family Matters SA	Delivers support, referral and services to the families of substance abusers	1800 607 947

<b>DROUGHT</b>	Drought Link Support Worker	(Personal, family and support line, 24 hours, 7 days a week) Advice and information about coping with distress and hardship	1800 619 532
	Drought Response	For direct assistance in making contact with the most appropriate service provider in your region	180 20 20
<b>Emergency Assistance (material aid)</b>	<i>Local contacts:</i>		
<b>GAMBLING</b>	Gambling Help Line	<a href="http://www.problemgambling.sa.gov.au">www.problemgambling.sa.gov.au</a> SA government helpline. 24 hours	1800 060 757
	Gambling Help Online	<a href="http://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a> Live and anonymous counselling, and email support. 24 hours	1800 858 858
<b>GAY AND LESBIAN</b>	Gay and Lesbian Community Services of SA	<a href="http://www.glcssa.org.au">www.glcssa.org.au</a>	1800 182 233
<b>HEALTH SERVICES</b>	<i>Local contacts:</i>		
<b>HOMELESSNESS AND HOUSING</b>	Emergency Accommodation Services SA	Assistance for families who are homeless or are at risk of homelessness	1800 003 308
	Housing SA		131 299
<b>INDIGENOUS</b>	Aboriginal Family Support Services Inc.	<a href="http://www.afss.com.au">www.afss.com.au</a> Support services for Aboriginal families in South Australia, in particular matters relating to child welfare Monday to Friday, 9am-5pm. After hours see Crisis Care.	08 8212 1112
<b>LEGAL AID AND ADVICE</b>	Find a Lawyer	<a href="http://www.lsc.sa.gov.au">www.lsc.sa.gov.au</a> You can search for a lawyer who specializes in a particular field and a very comprehensive list of other articles and contacts	
	Legal Helpline	For fast, free legal advice call: Monday to Friday 9am-4.30pm	8463 3555

<b>MARRIAGE AND RELATIONSHIP SUPPORT</b>	Legal Services Commission	<a href="http://www.lsc.sa.gov.au">www.lsc.sa.gov.au</a> Helpline Monday to Friday 9 am - 4.30pm	1300 366 424
	Mens Line Australia	<a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a> Supporting men and their families. 24 hour. Website includes database of men's services.	1300 78 99 78
	Assessment & Crisis Intervention Service (ACIS)	<a href="http://www.health.sa.gov.au/mentalhealth">www.health.sa.gov.au/mentalhealth</a> Where there is a high risk of suicide, ACIS mental health triage, 24/7 responds to those over 18 years old. They will spend 15 minutes talking about their needs, risk & history etc and will visit if need be + connect to regular counselling.	131 465
<b>MENTAL HEALTH and SUICIDE</b>	Beyondblue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a> Information and referral to relevant services for depression and anxiety related matters.	1300 22 4636
	GP (Doctor)	Ask your Dr. for a 30minute consultation and a Mental Health Care Plan. GP's can refer for up to 12 individual consultations and 12 group sessions with a psychologist, social worker or occupational therapist - all with a MEDICARE rebate - Health Care Card holders will have no gap fees.	
	Hopeline	<a href="http://www.suicideprevention.salvos.org.au">www.suicideprevention.salvos.org.au</a> Salvos National Telephone Counselling service 24hours a day and 7 days a week.	1300 467 354
	Living Beyond Suicide (Anglicare SA)	<a href="http://www.anglicare-sa.org.au/lbs">www.anglicare-sa.org.au/lbs</a> For practical and sensitive support in the hours and days after a suicide, 10am - 10pm any day	1300 76 11 93
	Just Ask	National rural mental health information service Including local services, books, web sites and self-help information. <a href="http://www.justask.org.au">www.justask.org.au</a>	1300 13 11 14
	SANE	<a href="http://www.SANE.org">www.SANE.org</a> Provides information about symptoms, treatments, medications, where to go for support and help for anyone concerned about mental illness. 9am - 5pm weekdays	1800 18SANE (1800 18 7263)
	Suicide Call Back Service	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a> Telephone support program for people at risk of suicide, their carers and the bereaved. 10am-8.30pm (EST) 7 days. - not a crisis line	1300 659 467
<b>SENIORS AND AGED CARE and DISABILITY</b>	Rural and Remote Mental Health Helpline	For emergency assistance by phone, contact the 24 hour crisis and emergency assistance service. You'll find friendly and approachable mental health nurses and counsellors at the end of the phone.	13 14 65

<b>SERVICES</b>	Aged Care Information Line	<a href="http://www.agedcareaustralia.gov.au">www.agedcareaustralia.gov.au</a> Australian government department of health and ageing.	1800 500 853
	Commonwealth Carelink Centre	<a href="http://www.commcarelink.health.gov.au">www.commcarelink.health.gov.au</a>	1800 052 222
	IDEAS - Disability Info	<a href="http://www.ideas.org.au">www.ideas.org.au</a> For people with disability and people with age related disability, their families, carers and other supporters to access and search for information that promotes their independence.	1800 029 904
	SA Aged Mental Health Care Services	Country Liaison Service Specialist mental health services for older people. Referral to service through GP.	
<b>OTHER LOCAL CONTACTS</b>			