

Mental Health Services Guide

If something doesn't seem quite right with someone you care about there are ways you can support them. This guide is designed to provide local information about where to start with mental health support.

Start here

Make an appointment to see your Doctor / General Practitioner (GP) for a mental health care plan

OR

Mental Health Triage Service

13 14 65 open 24/7

- access to state funded mental health services
- provide advice and information in a mental health emergency or crisis situation

Mental Health Support

Urgent Mental Health Care Centre

Walk-in. No referral needed.

Open 24 hours per day / 7 days per week

215 Grenfell Street, Adelaide

08 8448 9100

Beyond Blue

www.beyondblue.com.au

1300 22 4636

SA Police

Life threatening and urgent call **000**

Non-emergency **131 444**

Children and Young People

Youth Mental Health Service

13 14 65 open 24/7

CAMHS Connect

1300 222 647

you are encouraged to speak to GP first

Headspace Adelaide

1800 063 267

www.eheadspace.org.au

Kids Helpline

1800 283 147

Older People

Mental Health Services for Older People – Eastern Region

Telephone: **08 7425 6400**

After hours: **13 14 65**

Suicide Support

Lifeline

13 11 44

Suicide Call Back Service

1300 659 4670

Carer Support

Carer Gateway

1800 422 737