



TIP SHEET.

Emergency Contact Resources.

CALL 000 IF A LIFE IS IN DANGER

SA Mental Health Triage 24/7 Service - 13 14 65

Beyond Blue - 1300 22 4636

- <https://www.beyondblue.org.au/get-support/national-help-lines-and-websites> Suicide

Call Back Service – 1300 659 467

- <https://www.suicidcallbackservice.org.au/>

Lifeline - 13 11 14

- <https://www.lifeline.org.au/>
- Text support 7 days 6pm – midnight - 0477 13 11 14.

Kids Helpline - 1800 551 800

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

Domestic Violence 1800RESPECT - 1800 737 732

- <https://www.1800respect.org.au/>

Men's Referral Service - 1300 766 491

- <https://www.ntv.org.au/get-help/>

Mensline Australia - 1300 789 978

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

Aboriginal Family Domestic Violence Hotline - 1800 019 123

Relationships Australia - 1300 364 277

- <http://www.relationships.org.au/>