

PERSONAL AND LEGAL SUPPORT HELPLINES

If you have concerns about your welfare or the welfare of someone else, counselling can provide the opportunity to discuss how you are feeling, in a safe and supportive environment.



These helplines can provide you with access to advice and support.

ORGANISATION	WHAT SUPPORT DO THEY PROVIDE?	CONTACT
1800Respect	Free counselling, information and referrals for those experiencing family violence	1800 737 732 www.1800respect.org.au
Aboriginal Legal Rights Movement	Legal advice and assistance to advance the rights and interests of Aboriginal people in South Australia	1800 643 222 www.alrm.org.au
Beyond Blue	Support for people experiencing anxiety or depression	1300 224 636 www.beyondblue.org.au
Crisis Care	After hours response to immediate child abuse and neglect matters	13 16 11
Employee Assistance Program (EAP)	SA Public Sector employees may have access to an employer-provided assistance program	Contact your employer
Family Drug Support Australia	Support for families affected by alcohol and other drugs	1300 368 186 www.fds.org.au
Homelessness Gateway	24/7 support and access to emergency accommodation for those who are homeless or at risk of homelessness	1800 003 308
JusticeNet SA	Coordinates free legal assistance for low income earners/disadvantaged persons	admin@justicenet.org.au www.justicenet.org.au
Legal Service Commission Helpline	Free legal assistance, advice, information and referrals	1300 366 424 www.lsc.sa.gov.au
Lifeline	Crisis support and suicide prevention	13 11 14 www.lifeline.org.au
Mental Health Triage Service	24/7 service for support, triage and referrals for mental health emergencies	13 14 65
Relationships Australia	Relationship support services for individuals, families and communities	1300 364 277 www.rasa.org.au
Suicide Call Back Service	24/7 phone and online counselling for people affected by suicide	1300 659 467 www.suicidecallbackservice.org.au
Victim Support Service	Free and confidential support for victims of crime, witnesses and their family and friends	1800 842 846 www.victimsa.org
Women's Legal Services SA	Free legal services to women in South Australia	1800 816 349 www.wlssa.org.au