

Fact Sheet

Riverland and Murraylands mental health support

It is common to feel stress and grief when a disaster happens, such as a flood or extreme weather event. Some people will recover without formal help and others might need some extra support to get things back on track.

If you or someone you know is feeling overwhelmed and struggling to cope, reach out to local services that can provide mental health and wellbeing support – they're here to help.

Local support services

General Practice

Talking with your General Practitioner (GP) can be a great first step in finding the right support options. Your GP can help you to complete a Mental Health Treatment Plan which can give you access to counselling and psychological services. To find a GP in your area, visit www.healthdirect.gov.au.

Regional Access Program

Regional Access provides telephone and online counselling services for people in regional South Australia. They can be contacted 24 hours a day, 7 days a week and you don't need a referral.

- > 1300 032 186 or saregionalaccess.org.au

FocusOne Health

FocusOne Health provides primary mental health care in the Riverland area. This includes psychological therapies for people needing short to medium term mental health support and they can also work with your GP. You can contact the service directly to discuss a referral.

- > 8582 3823 or www.focusonehealth.com.au

Murray Mallee GP Network

The Murray Mallee GP Network have mental health clinicians who can provide psychological interventions in partnership with GPs. This service can provide support for people who have a mental health condition that would benefit from longer term support. You can contact the service directly to discuss a referral.

- > 8531 1303 or www.mmgn.org.au

Community Mental Health Services

Community Mental Health Services provide support to people aged 16 and over. They can provide specialist support if you are experiencing mental health issues, including significant emotional distress, unsafe thoughts, or having difficulty coping. The service can help with strategies to reduce distress and support recovery, and they can help to identify the most appropriate support for you. You can contact the services directly to discuss a referral.

- > **Murray Bridge:** 8535 6800
- > **Berri:** 8580 2525

Support services for children and young people

Kids Helpline

Kids Helpline is a free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.

- > 1800 55 1800 or kidshelpline.com.au

headspace

headspace provides free mental health services, alcohol and drug counselling, vocational support, and some physical and sexual health services for people aged 12 to 25. You can contact the service directly to discuss a referral. Support is also available online or over the phone through eheadspace.

- > **Berri:** 8582 4422 (3 Riverview Drive, Berri)
- > **Murray Bridge:** 8531 2122 (10 Second Street, Murray Bridge)
- > **eheadspace:** 1800 650 890 or headspace.org.au/eheadspace

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a free mental health service for children and young people with severe and complex emotional, behavioural, or mental health difficulties. Seek advice from your GP or current mental health service provider before contacting CAMHS Connect for a referral.

- > 1300 222 647 or www.wchn.sa.gov.au/our-network/camhs

Urgent mental health support

If you are in urgent need of mental health support or in a mental health emergency, contact the Country Mental Health Triage service for assistance.

Country Mental Health Triage Service

The Country Mental Health Triage Service operates 24 hours, 7 days a week. The phone line is staffed by experienced mental health clinicians that can provide advice and information in a mental health emergency or crisis situation.

- > 13 14 65

Suicide Call Back Service

- > 1300 659 467 or www.suicidecallbackservice.org.au

In an emergency or if you need urgent assistance, call Triple Zero (000).

Other support services

LifeLine

- > 13 11 14 or www.lifeline.org.au

BeyondBlue

- > 1300 224 636 or www.beyondblue.org.au

Mensline

- > 1300 789 978 or www.mensline.org.au

13 YARN

- > 13 92 76 or www.13yarn.org.au

For more information

Office of the Chief Psychiatrist
Department for Health and Wellbeing
SA Health
www.sahealth.sa.gov.au