



~ Our Vision ~

A Riverland Without Suicide

Rural & Remote
Mental Health Services

*For Emergency Assistance &
Information 24 hours 7 days*

13 14 65



rcspnetwork@gmail.com

A Network of the South Australian
Suicide Prevention Network

HELP IS AVAILABLE

If you or someone you know, are having thoughts of suicide – please seek help.

IN A CRISIS

Emergency Services	000
Mental Health Services 18yrs+ 24hr	13 14 65
Lifeline	13 11 14
Suicide Call Back Service	1300 659 467

ALL HOURS HELP

Kids Help Line	1800 551 800
Mensline Australia	1300 789 978
Regional Access	1300 032 186
1800 RESPECT	1800 737 732
Beyond Blue	1300 224 636
Open Arms – Veterans & Families	1800 011 046

SEEKING INFORMATION

Relationships Australia	1300 364 277
SANE Helpline	1800 187 263
PANDA (Perinatal Anxiety and Depression Australia)	1300 726 306
Reach Out (for young people)	www.reachout.com
National Indigenous Critical Response Svc	1800 805 801
Culturally & Linguistically Diverse people www.mhima.org.au	
Qlife (LGBTQI)	1800 184 527
Healthdirect Australia	1800 022 222
Community Response to Suicide (CORES – local free training)	0466 278 511
HeadSpace (Berri)	08 8582 4422

IF YOU ARE BEREAVED BY SUICIDE

StandBy Support After Suicide	
Country South	0437 752 458
Country North	0438 728 644
Living Beyond Suicide (Metro)	1300 761 193
MOSH (suicide support info & awareness)	08 8443 8369
Solace Association (SA) Inc.	08 8272 4334
Silent Ripples	0429 017 858