

Bushfire Response Program

Community Support Services

National and regional mental health and wellbeing support services for bushfire-affected communities.

The Bushfire Response Program, a part of Be You, has developed community support service maps to help bushfire-affected children and young people, families and communities quickly find mental health support services.

The national support service map provides contact details of national helplines and websites for immediate free counselling and support. The regional support service map provides an overview of the local counselling and support services available to learning communities.

National support services

Kids Helpline

1800 55 1800

24 hours / 7 days a week

A free, private and confidential telephone and online counselling service for young people aged between 5 and 25

eheadspace Support

1800 650 890

9am–1am / 7 days a week

Free online chat (24/7) and telephone service that supports young people aged between 12 and 25 and their families going through a tough time

1800RESPECT

1800 737 732

Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse

MindSpot Clinic

1800 61 44 34

8am–8pm / Monday to Friday

8am–6pm / Saturday

An online clinic providing free assessment and treatment courses for Australian adults with anxiety or depression

Bushfire-specific

Lifeline Bushfire Recovery Line

13 43 57

24 hours / 7 days a week

Dedicated recovery line and suicide prevention services for any person needing support as a result of bushfire

MensLine Australia

1300 78 99 78

24 hours / 7 days a week

A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way

QLife

1800 184 527

3pm–12am, 7 days a week

Counselling and referral service providing peer-supported telephone and web-based services for LGBTI people of all ages

Families and communities

Beyond Blue Support Service

1300 22 4636

24 hours / 7 days a week

Immediate, free short-term one-on-one support from a trained mental health professional

Suicide Callback Service

1300 659 467

24 hours / 7 days a week

free counselling for suicide prevention and mental health via telephone, online and video for anyone affected by suicidal thoughts

Regional Support Services

Mental Health and Wellbeing Services in the Yorketown area

Organisation	Contact	Information
CAMHS Child and adolescent mental health service	CAMHS Connect on 1300 222 647 (1300 2 CAMHS). OR toll Free: 1800 819 089 Minlaton Community Health 9 South Terrace Minlaton 5575	The Child and Adolescent Mental Health Service (CAMHS) is a free community-based mental health service provided through the Women's and Children's Health Network. CAMHS provides services to infants, children, adolescents and families. Our clinicians are able to meet with your child and family to talk about current difficulties and how we may be able to help you.
Yorketown Community Health	Community health services Telephone: (08) 8823 0270	
Yorke Peninsula Mental Health Service	9 South Terrace, Minlaton SA 5575 Phone: (08) 8853 2308	16+ Mental Health Clinician
GENERAL PRACTITIONERS		
	For access to no-cost or low-cost counselling, book a double appointment with your local GP to arrange a Mental Health Care Plan and they can advise you further. Please be aware there may be a gap payment for accessing this service.	
Yorketown Medical Practice	23 Waterloo Bay Road, YORKETOWN 5576	
Minlaton Medical Centre	7 South Terrace, MINLATON, SA, 5575 08 8853 2001 minmc@adelaide.edu.au	
Medical HQ Ardrossan	Second Street, ARDROSSAN, SA, 5571 08 8837 3837 ardrossanreception@medicalhq.com.au	

Regional Support Services

PRIVATE PSYCHOLOGISTS

Lindy Petersen	30 Fifth Street, ARDROSSAN, SA, 5571 Ph: <u>08 8267 1001</u> E: <u>lindy.peterson@stopthinkdo.com</u>	Psychologist service
-----------------------	---	----------------------

PHONE SERVICES

Mental Health Triage Service	13 14 65	The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This service can provide advice and information in a mental health emergency or crisis situation, is staffed by mental health clinicians and will assess and refer to acute response teams where appropriate. If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone our mental health triage service on 13 14 65 .
REGIONAL ACCESS (CSAPHN)	24/7 PHONE Service 1300 032 186 https://saregionalaccess.org.au/	Mental health support for people 15 years and over who live or work in Regional SA No referral required - NOT A CRISIS SERVICE
Health Direct Australia	1800 022 222. https://www.healthdirect.gov.au/	A 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice. It is currently available to residents of the Australian Capital Territory, Northern Territory, New South Wales, South Australia and Western Australia.

Regional Support Services

USEFUL WEBSITES

Emerging Minds	08 8367 0888 www.emergingminds.com.au info@emergingminds.com.au	Training, programs and resources in response to the needs of professionals, children and their families in mental health and wellbeing. Resources are freely available at this web hub. Podcasts, webinars, toolkits, workshops, fact sheets, research papers, short articles.
Reach Out	https://au.reachout.com/ To get the most relevant information: <ul style="list-style-type: none"> • Under 25, visit ReachOut.com • Parents/Carers, visit ReachOut.com/Parents • Work in Schools, visit ReachOut.com/Schools 	ReachOut is Australia’s leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too.
BE YOU: Bushfire Recovery Resource Pack	https://beyou.edu.au/bushfire-response-program/resource-pack	<p>Developed by BRP (Be You), the Bushfire Recovery Resource Pack has been developed with educators in mind, and includes information for parents, families, children, young people and community members.</p> <p>It consists of information, activities and resources from trusted government, tertiary and non-profit organisations, to offer educators high-quality information that may be useful for providing support, responding to the needs of everyone in your learning community, and practising self-care.</p> <p>The pack is broken into Immediate, Short- and Long- Term Recovery options which aligns with the Recovery Planning template</p>