

## **Crisis counselling phone services**

### **Crisis Care Unit** phone **13 16 11**

- Counselling and practical help for individuals and families in any type of crisis.
- Available 4PM–9AM Monday to Friday and 24 hours on Saturday, Sunday and public holidays.

### **Lifeline** phone **13 11 14**

Lifeline provides confidential telephone counselling. The free service:

- Is staffed by trained volunteers who are supported by professional staff
- Provides advice on relationship problems and personal wellbeing
- Helps people who may be thinking about suicide.
- **Hours** 24 hours, 7 days a week
- **Website** [www.lifeline.org.au](http://www.lifeline.org.au)

### **Living Hope** phone **8277 4033**

- Counselling for people with any type of crisis.
- Filipino, Greek and Italian interpreters can be arranged.

## **Alcohol and drugs**

### **Al-Anon and Alateen** phone **8231 2959**

- Support for people affected by the alcohol problems of relatives or friends.

### **Alcoholics Anonymous** phone **8346 3255**

- Counselling and support if you have an alcohol problem.
- [www.aa.org.au](http://www.aa.org.au)

### **Alcohol and Drug Information Service** phone **1300 13 13 40**

- Counselling service for people with drug and alcohol problems and their family and friends.
- [www.dassa.sa.gov.au](http://www.dassa.sa.gov.au)

### **Narcotics Anonymous** phone **8272 8228**

- Support for people affected by the drug problems of relatives or friends.
- [www.naranon.com.au](http://www.naranon.com.au)

## **Families**

### **Domestic Violence Helpline** phone **1800 800 098**

- Counselling for victims of domestic violence and their concerned friends.
- Counselling for people who commit domestic violence.

### **Gambling Helpline** phone **1800 060 757**

- Counselling, information and referral for people who are concerned about their own, or another person's gambling.
- [www.problemgambling.sa.gov.au](http://www.problemgambling.sa.gov.au)

## **Protection and safety**

### **Victim Support Service** phone **8231 5626** - country callers phone **1800 182 368**

- Counselling and information for people who have been a victim of crime.
- 9AM–5PM Monday–Friday.
- [www.victimsa.org](http://www.victimsa.org)

### **Yarrow Place Rape and Sexual Assault Service** phone **8226 8787** (country callers 1800 817 421)

- Emergency medical and counselling services for people who have been raped or sexually assaulted.
- Yarrow Place can help you report assault to the police, but you do not have to involve the police.
- [www.yarrowplace.sa.gov.au](http://www.yarrowplace.sa.gov.au)

## **Men's Help**

### **MensLine Australia** phone **1300 78 99 78**

- a unique telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.
- Available 24/7
- [www.mensline.org.au](http://www.mensline.org.au)