

IF YOU REQUIRE HELP NOW

IF A LIFE IS IN DANGER CALL TRIPLE ZERO (000)

HOSPITALS*

Angaston	29 North St, Angaston	P: 8563 8500
Gawler	21 Hutchinson Rd, Gawler	P: 8521 2000
Kapunda	24-30 Nash St, Kapunda	P: 8566 0200
Tanunda	15 Mill St, Tanunda	P: 8563 2398

MENTAL HEALTH TRIAGE SERVICE (24 hours)

To find out the most suitable service for your situation.

P: 13 14 65

BEYOND BLUE (24 hours)

P: 1300 22 4636 W: beyondblue.org.au

KIDS HELPLINE for 5-25 years old (24 hours)

P: 1800 55 1800 W: kidshelpline.com.au

LIFELINE (24 hours)

P: 13 11 14 W: lifeline.org.au

13YARN (24 hours)

Aboriginal & Torres Strait Islander crisis support line.

P: 13 92 76 W: 13yarn.org.au

SONDER WALK IN SERVICES* W: sonder.net.au

Northern Adelaide Medicare Mental Health Centre

23 Gillingham Rd, Elizabeth (Mon-Fri 8.30 am - 10.30pm,
Sat & Sun 12pm - 6pm, Public Holidays 12pm - 6pm)

Safe Haven

9 John St, Salisbury (5pm-9pm Tues-Fri)

URGENT MENTAL HEALTH CARE CENTRE (24 hrs)

A welcoming place for people having a mental health crisis.

215 Grenfell St, Adelaide

P: 8448 9100 W: umhcc.org.au

LOCAL SERVICES FOR THE BAROSSA

BAROSSA CARE

Community support organisations for the Barossa.

W: barossacares.com.au

BAROSSA MENTAL HEALTH TEAM*

Find the most suitable service for your situation.

P: 8563 8525

CARERS AND DISABILITY LINK* (Individual & Family Support)

P: 8562 4000 W: cadl.support

COUNTRY & OUTBACK HEALTH*

Mental & allied health, NDIS, alcohol & drugs.

P: 8565 8500 W: cobh.com.au

LUTHERAN CARE – COUNSELLING & EMERGENCY RELIEF*

Food & vouchers, help with bills & community connections.

P: 8562 2688 W: lutherancare.org.au/barossa-services

MEN AND/OR FARMERS

ARE YOU BOGGED, MATE?

Helps country blokes talk about mental health & suicide.

W: areyouboggedmate.com.au

FARM TABLE

Primary producers connect & share knowledge online.

W: farmtable.com.au

FARMER ASSISTANCE HOTLINE

To claim or for any queries about Farmer Household Allowance.

P: 13 23 16

W: servicesaustralia.gov.au/farm-household-allowance

I FARM WELL - GROWING FARMERS' WELLBEING

A resource to help farmers cope with life's challenges.

W: ifarmwell.com.au

MEN'S LINE AUSTRALIA (24 hours)

Telephone and online counselling service supporting men.

P: 1300 78 99 78 W: mensline.org.au

MEN'S REFERRAL SERVICE (FAMILY VIOLENCE) (24 hours)

A family violence service which provides counselling & referrals.

P: 1300 766 491 W: ntv.org.au/get-help

RURAL BUSINESS SUPPORT

Assists farmers and small business owners with finances.

P: 1800 836 211 W: ruralbusinesssupport.org.au

WOMEN AND/OR RELATIONSHIPS

1800 RESPECT - Domestic Violence (24 hours)

Support for people impacted by domestic or sexual violence.

P: 1800 737 732 W: 1800respect.org.au

BIRTHLINE PREGNANCY SUPPORT*

Supporting women, men and families facing pregnancy issues.

P: 1300 655 156 W: birthline.org.au

CARER GATEWAY

This service provides support and advice for carers.

P: 1800 422 737 W: carerssa.com.au

RELATIONSHIPS AUSTRALIA

Assists in overcoming difficulties in relationships.

P: 1300 364 277 W: rasa.org.au

WOMEN'S INFORMATION SERVICE*

Assists women online, over the phone or in person.

P: 8303 0590 – Adelaide (9am – 5pm Mon-Fri)

P: 0466 801 553 – Gawler (10am – 2pm Mon-Fri)

W: officeforwomen.sa.gov.au/wis

LGBTIQA

GENDER CONNECT

Peer support for people who identify as trans, gender diverse or gender questioning, and their supporters.

P: 7099 5390 (3-8pm Mon-Thurs)

W: shinesa.org.au/gender.connect

QLIFE

Anonymous & free LGBTIQ+ peer support & referrals.

P: 1800 184 527 (3pm-12am) W: qlife.org.au

ANXIETY, DEPRESSION & MENTAL HEALTH

BLACK DOG INSTITUTE

For people who want to build better mental health.

W: blackdoginstitute.org.au

GENERAL PRACTITIONER – MENTAL HEALTH PLAN*

GPs can assist you with a Health Care or Mental Health Care Plan, with referrals to subsidised professionals.

GRIEF LINK

Information and resources for people experiencing grief.

W: grieflink.org.au

HEALTH DIRECT AUSTRALIA (24 hrs)

Free Australian health advice you can count on.

P: 1800 022 222 W: healthdirect.gov.au

HOMELESS CONNECT SA

For anyone in SA experiencing or at risk of homelessness.

P: 1800 003 308 W: homelessconnectsa.org

LETSS (LIVED EXPERIENCE TELEPHONE SUPPORT SERVICE)

Support is provided by peer workers in times of distress.

P: 1800 013 755 (5pm-11:30pm) W: letss.org.au

LIVES LIVED WELL

Support if facing challenges with drugs and mental health.

P: 1300 727 95 W: liveslivedwell.org.au

MEDICARE MENTAL HEALTH

Free service that connects you to the right mental health support.

P: 1800 595 212 W: medicarementalhealth.gov.au

OLDER PERSON'S ADVOCACY NETWORK

Information, advice, and support for the aged.

P: 1800 700 600 W: opan.org.au

OPEN ARMS (24 hours)

Help for those who have served in the ADF & their families.

P: 1800 011 046 W: openarms.gov.au

R U OK?

How to meaningfully connect with the people around you.

W: ruok.org.au

RURAL HEALTH CONNECT

Psychologists by video and phone. Bulk billed or low-cost sessions.

P: 0427 692 377 or 0493 432 144 W: ruralhealthconnect.com.au

SHINE SA - SEXUAL HEALTHLINE

Support with any sexual health issues, including testing.

P: 1300 883 793 W: shinesa.org.au

SONDER

Support for those with mental health or addiction issues.

P: 8209 0700 W: sonder.net.au

TIACS (This Is A Conversation Starter)

Free phone and text counselling for tradies and their families.

P: 0488 846 988 (8am-10pm AEST M-F) W: tiacs.org

VETERANS WELLBEING CENTRE

Delivers health & wellbeing services to veterans & families.

P: 7117 5237. 216 Daws Rd, Daw Park.

WELLBEING AND COPING

For ways to feel better and ideas to help you cope.

W: wellbeingandcoping.net

DRUGS, ALCOHOL AND ADDICTIONS

ALCOHOL AND DRUG FOUNDATION

For those affected by alcohol & other drugs & their families.

P: 1300 85 85 84 W: adf.org.au

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

Drug and alcohol information, counselling, and referrals.

P: 1300 131 340 (8:30am-10pm)

DRUGS, ALCOHOL & ADDICTIONS

Information services - Barossa & Gawler.

P: 7485 4600

FAMILY DRUG SUPPORT (24 hours)

Supporting families affected by alcohol or other drug usage.

P: 1300 368 186 W: fds.org.au

GAMBLING HELP (24 hours)

Support for anyone affected by gambling, & their families.

P: 1800 858 858 W: gamblinghelponline.org.au

KNOW YOUR OPTIONS

Finding help for alcohol and other drug problems.

W: knowyouroptions.sa.gov.au

FINANCIAL AND LEGAL SERVICES

LEGAL HELPLINE

Preliminary legal information, advice, referrals & legal aid.

P: 1300 366 424 W: lsc.sa.gov.au/FreeLegalHelp

NATIONAL DEBT HELPLINE

A free, confidential service for people in financial difficulty.

P: 1800 007 007 W: ndh.org.au

RESOURCES FOR YOUNG PEOPLE

CAMHS CONNECT

Referrals to Child & Adolescent Mental Health Services.

P: 1300 222 647

W: wchn.sa.gov.au/our-network/camhs/camhs-connect

PARENTING HELPLINE

Advice on child health and parenting.

P: 1300 364 100 (7.15am to 9.15pm 7 days)

YOUTH BEYOND BLUE (24 hours)

For people aged 12- 25 years, going through tough times.

P: 1300 224 636

W: beyondblue.org.au/who-does-it-affect/young-people

SUICIDE PREVENTION AND SUPPORT

MATES IN CONSTRUCTION (24 hours)

Suicide prevention & support for construction workers.

P: 1300 642 111 W: mates.org.au

PEER CARE COMPANION WARMLINE -ROSES IN THE OCEAN

A call-back service providing a place for people with lived

experience of suicide to connect with those in crisis.

P: 1800 777 337 W: rosesintheocean.com.au

STAND BY SUPPORT AFTER SUICIDE*

First point of contact for local ongoing support after a suicide.

P: 1300 727 247 (6am-10pm) W: standbysupport.com.au

SUICIDE CALL BACK SERVICE (24 hours)

For adults at risk of, or affected by a suicide and their carers.

P: 1300 659 467 W: suicidecallbackservice.org.au

THIRRILI - INDIGENOUS AFTER SUICIDE SUPPORT (24 hrs)

Support for indigenous persons after a traumatic death.

P: 1800 805 801

W: thirrili.com.au/postventionsupport



SEEDS OF HOPE SUICIDE PREVENTION NETWORK

Our vision is to build a compassionate, connected, and resilient community, free of suicide.

PO Box 418, Nuriootpa SA 5355 (08) 7531 2973

Email: seedsofhopespn@gmail.com

www.seedsofhopespn.com.au

Find us on Facebook:

BarossaAndBeyondSuicidePreventionNetwork

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SUPPORT DIRECTORY



**PLANT THE SEEDS
NURTURE THE HOPE
GROW THE CONVERSATION**

REACH OUT FOR HELP

IF YOU ARE FEELING STUCK, DEPRESSED, OR STRUGGLING WITH YOUR MENTAL HEALTH, PLEASE REACH OUT.

Talk to someone you trust, or the services enclosed.

Signs that you or someone you know are struggling may include:

- Social withdrawal from friends or family e.g. not taking part in activities they used to enjoy.
- Changes in mood e.g. appearing to be sad or isolated or maybe suddenly appearing happy.
- Increased use of alcohol or other drugs.
- Appearing to be disinterested in their personal hygiene or in their appearance.
- Changes in sleeping patterns or having lower energy levels.
- Statements like "I'm a burden, it's all hopeless".

REACH OUT TO HELP

IF YOU HAVE CONCERNS ABOUT SOMEONE, TAKE THE TIME TO ASK, "ARE YOU OKAY?" AND REALLY LISTEN TO THEM.

If they are not okay, ask how you can support them.

Please remember, it is safe to ask if they are thinking about suicide.

*NOTE: * means face to face options available*