

A Guide to Mental Health Support for Youth.

Know your options...

It's important to know that you always have somewhere to turn to when you are struggling. Family and friends are a good start however, you may not always feel comfortable opening up to them.

Below are several different organisations that you can visit or contact for free, either by phone, through their website, using their app or by texting/messaging.

You can also contact your local doctor or local hospital.

Just know that you are not alone and there is always someone willing to listen, no matter how big or small you think your problems may be. No one is going to judge you, they only want to see you get through the rough patches and be happy.

I need URGENT assistance

Northern Adelaide Medicare Mental Health Centre (16 yrs and over)

Walk-in mental health service offering free, immediate support - no appointment or referral required.

(Mon-Fri: 8.30am – 10.30pm Sat-Sun & public holidays: 12:00pm – 6.30pm)

23 Gillingham Rd, Elizabeth

Ph: 1800 595 212

Urgent Mental Health Centre (16 yrs and over)

A free service, open 24 hours a day, 7 days a week.

You can just turn up or call 24 hours a day, 7 days a week.

215 Grenfell Street, Adelaide

Ph: 8448 9100

Child and Adolescent Virtual Urgent Care Service (CAVUCS) - Women's & Children's Hospital

A virtual team of highly skilled emergency doctors & nurses who can assess and provide medical and mental health advice for children, aged between 6 months and 18 years.

7 days a week from 9:00am to 9:00pm



Scan the QR code to register and follow the prompts or visit:

[www.wch.sa.gov.au/patients-](http://www.wch.sa.gov.au/patients-visitors/emergencies/virtual-urgent-care)

[visitors/emergencies/virtual-urgent-care](http://www.wch.sa.gov.au/patients-visitors/emergencies/virtual-urgent-care)

Headspace Gawler (12-25 years)

Free support and information regarding health and wellbeing including mental health, physical and sexual health, education and employment and alcohol and drug services.

3 Whitelaw Terrace, Gawler

Ph: 8240 9100

I need to talk to someone

Kids Helpline for 5-25 years old (24 hrs)

Free (even from a mobile), confidential 24/7 online and phone counselling service.

Ph: 1800 55 1800

W: kidshelpline.com.au

E Headspace

Online and phone support

P: 1800 650 890

W: headspace.org.au/online-and-phone-support/connect-with-us

Mental Health Triage Service (24hrs)

To find the most suitable service for your situation.

Ph: 13 14 65

Youth Beyond Blue

for people aged 12-25 years.

P: 1300 224 636

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

Suicide Call Back

A free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

P: 1300 659 467

QLife

Provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

3:00 pm – 9:00 pm every day

Ph: 1800 184 527

WebChat service is available at: qlife.org.au

I need to talk to someone cont'd

Gender Connect Country SA

SHINE SA's FREE service that provides confidential support from those with lived experience of gender diversity.

Monday, Tuesday, Wednesday, Thursday
(closed on Public Holidays)
3:00 pm – 8:00 pm

Ph: 7099 5390

WebChat service is available at:
shinesa.org.au/gender-connect

Safe Haven (16 yrs and over)

Free walk-in mental health service offering immediate support. No appointment or referral is needed.

(Tuesday – Friday from 5 pm to 9 pm)

9 John Street, Salisbury SA

Ph: 8209 0700

W: sonder.net.au/programs/safe-haven

Apps you can download

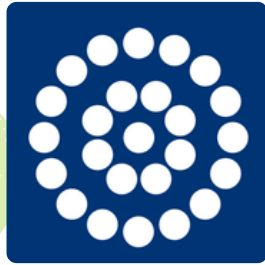
CLEARLY ME

CREATED BY TEENS FOR TEENS AGED 12-17 WHO ARE GOING THROUGH A TOUGH TIME.



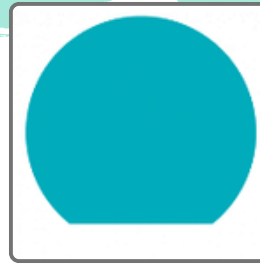
BEYOND NOW

CREATE A STEP-BY-STEP PLAN TO STAY SAFE WHEN YOU ARE OVERWHELMED OR HAVING THOUGHTS OF SUICIDE.



DAYBREAK

A FREE & ANONYMOUS APP SUPPORTING YOU TO REDUCE OR QUIT DRINKING ALCOHOL.



DAYLIO

SELF-CARE BULLET JOURNAL WITH GOALS, MOOD DIARY & HAPPINESS TRACKER. KEEP A DIARY AND CAPTURE YOUR DAY WITHOUT WRITING DOWN A SINGLE WORD!



EMERGENCY PLUS

THIS APP USES GPS FUNCTIONS BUILT INTO SMART PHONES TO HELP PROVIDE LOCATION DETAILS WHEN CALLING TRIPLE ZERO (000).



SMILING MINDS

DESIGNED TO IMPROVE YOUR MENTAL HEALTH THROUGH MEDITATION, MINDFULNESS AND TOOLS TO HELP YOU SLEEP BETTER.



HEADSPACE

MANAGE STRESS, IMPROVE YOUR MOOD, AND SLEEP BETTER WITH GUIDED MEDITATIONS, RELAXATION EXERCISES, AND AI-POWERED SUPPORT

