

# Supports Services Available

The following services can provide you with access to a range of personal and legal supports, in a safe and supportive environment.

Please seek assistance if you have concerns about your safety or wellbeing, or the welfare of someone else.



**Health**  
Central Adelaide  
Local Health Network

Employee Assistance Program (EAP)	CALHN employees have access to four free counselling sessions per year through the EAP.	Access SA - 1300 66 77 00 <a href="https://accesssa.com.au/">https://accesssa.com.au/</a> Assure Programs - 1800 808 374 <a href="https://www.assureprograms.com.au/">https://www.assureprograms.com.au/</a>
Doctor's Health SA (DHSA)	Psychological health services for medical practitioners, medical students & concerned colleagues. Calls are answered by GPs working at DHSA, which is a free 24/7 hotline.	Doctors' Health SA 24/7 Support Line – 08 8366 0250
<b>Psychological Support</b>		
Beyond Blue	Support for people experiencing anxiety and depression	1300 224 636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Lifeline	Crisis support and suicide prevention	13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Mental Health Triage Service	24/7 service for support, triage, and referrals for mental health emergencies	13 14 65
Suicide Call Back Service	24/7 phone and online counselling for people affected by suicide	1300 659 467 <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
Victim Support Service	Free and confidential support for victims of crime, witnesses and their family and friends	1800 842 846 <a href="http://www.victimsa.org">www.victimsa.org</a>
<b>Legal Services</b>		
Aboriginal Legal Rights Movement	Legal advice and assistance to advance the rights and interests of Aboriginal people in South Australia	1800 643 222 <a href="http://www.alrm.org.au">www.alrm.org.au</a>
JusticeNet SA	Coordinates free legal assistance for low-income earners/ disadvantaged persons	<a href="mailto:admin@justicenet.org.au">admin@justicenet.org.au</a> <a href="http://www.justicenet.org.au">www.justicenet.org.au</a>
Legal Service Commission Helpline	Free legal assistance, advice, information, and referrals	1300 366 424 <a href="http://www.lsc.sa.gov.au">www.lsc.sa.gov.au</a>
Women's Legal Services SA	Free legal services to women in South Australia	1800 816 349 <a href="http://www.wlssa.org.au">www.wlssa.org.au</a>
<b>Family Support</b>		
1800Respect	Free counselling, information, and referrals for those experiencing family violence	1800 737 732 <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
Crisis Care	After hours response to immediate child abuse and neglect matters	13 16 11
Family Drug Support Australia	Support for families affected by alcohol and other drugs	1300 368 186 <a href="http://www.fds.org.au">www.fds.org.au</a>
Relationships Australia	Relationship support services for individuals, families, and communities	1300 364 277 <a href="http://www.rasa.org.au">www.rasa.org.au</a>