

When **you** need someone to **talk** to

Emergency (Fire, Police, or Ambulance) **000**

On-Island Support

—face-to-face

Mental Health Team	0457 506 006
KI Medical Clinic	8553 2037
Child Adolescent Mental Health Service (CAMHS Connect)	8391 3922 1300 222 647
Summit Health	8406 7715
Sonder (Drug and Alcohol) (<i>every 3 weeks</i>)	8209 0710
Family Mental Health Support Service (<i>weekly</i>)	8202 5200
Relationships Australia (Gaming and gambling)	1800 936 196
Island Psychological Strategies (<i>private provider</i>)	0492 917 938
Sound Essence (<i>private provider</i>)	0434 914 463

24/7 Off-Island Support

—telephone/internet

Lifeline	13 11 14
Lifeline Text www.lifeline.org.au	0477 13 11 14
Suicide Call Back Service www.suicidecallbackservice.org.au	1300 659 467
Mental Health Crisis Service	13 14 65
Regional Access (<i>Three 30 minute sessions with same counsellor</i>) www.saregionalaccess.org.au	1300 032 186
Mensline www.mensline.org.au	1300 789 978
Beyondblue www.beyondblue.org.au	1300 224 636
Kids Helpline (5-25yrs) www.kidshelpline.com.au	1800 551 800
Headspace (12-24yrs) www.headspace.org.au	
Standby Support After Suicide www.standbysupport.com.au	1300 727 247



Current at 15/08/22

