

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

Emergency (Fire, Police, or Ambulance) 000

On-Island Support— to connect with face-to-face

KI Medical Clinic	8553 2037
Mental Health Team	0457 506 006
CAMHS (Child Adolescent Mental Health Service)	1300 222647
Summit Health	8406 7715
Uniting Communities (Family Mental Health Support Service)	8202 5200
Relationships Australia (Gaming and Gambling)	1800 934 196
Sonder (Drug and Alcohol)	8209 0710
Mission Australia (Youth & Family Alcohol & Other Drug Support)	8187 0707
Island Psychological Strategies (private provider)	0492 917 938
Sound Essence (private provider)	0434 914 463
Cheryl Vigouroux Counselling (private provider)	0432 392 934
Dr Gregory Bull Psychologist (private Provider)	0418 306 132

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 - (counselling for the pressures of everyday life) 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
Standby Support After Suicide www.standbysupport.com.au	1300 727 247
SPAM Helpline for CFS, SES, VMR Volunteers	8115 3950
Open Arms (Veterans & Families Counselling) www.openarms.gov.au	1800 011 046



current at 14/09/2023



KANGAROO ISLAND 
Supporting our island's wellbeing