STOP THE SPREAD
STAY STRONG

NEED TO TALK?
YOU ARE NOT ALONE.

THERE IS HELP AND SUPPORT AVAILABLE.

- SA Aboriginal Mental Health Support and Advice Line (Thirilli): 1800 841 313
- SA COVID-19 Mental Health Support Line (8am to 8pm, 7 days): 1800 632 753
- Emergencies: 000
- Suicide Call Back Service: 1300 659 467
- SA Mental Health Triage: (24/7) 131 465
- Lifeline Australia: 131 114
- Mensline Australia: 1300 789 978
- Kids Help Line: 1800 551 800
- Alcohol & Drug Information Service (ADIS): 1300 131 340
- 1800 RESPECT or 1800 737 732 for confidential information, counselling and support
- SA COVID-19 Information Line: 1800 253 787
- If your home isn’t safe, reach out to someone who can help: police, community workers or leaders, or other people you trust.


Consider downloading the COVIDSafe app to your phone to help health officials with contact tracing if required.

FURTHER INFORMATION
AHCSA COVID-19 website www.ahcsa.org.au