

## IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
Emergency Triage and Liaison Service	24 hour crisis & emergency assistance	13 14 65
Lifeline Australia	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a> Online Chat Available 7pm – 4am Daily	13 11 14
StandBy Support after Suicide	<a href="http://www.unitingcommunities.org/find-a-service/services/standby-response-service/">http://www.unitingcommunities.org/find-a-service/services/standby-response-service/</a>	0437 752 458 Mount Gambier
Suicide Call Back Service	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a> Video Counselling Available 24/7	1300 659 467
Kids Helpline	<a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a>	1800 551 800
Youth Healthline		1300 131 719
Men's Line	<a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> Online & Video Counselling Available	1300 789 978
Parents Helpline		1300 364 100
Beyond Blue	<a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a> Online Chat 3pm – 12 am Daily	1300 224 636
Headspace	<a href="http://www.headspace.org.au/">http://www.headspace.org.au/</a> Online Chat Available	1800 650 890
Qlife	<a href="https://qlife.org.au/">https://qlife.org.au/</a> Online Chat Available	1800 184 527
Reach Out	<a href="http://au.reachout.com/">http://au.reachout.com/</a>	
Conversation Matters	<a href="http://www.conversationsmatter.com.au/">http://www.conversationsmatter.com.au/</a>	
R U OK?	<a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a>	
Child & Adolescent Mental Health Service ; Women's & Children's Health Network		08 8724 7055 Mount Gambier
Hope for Life		1300 467 354
Counselling on line	Drug & Alcohol Counselling, information and support <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	1800 888 236

Alcohol and Drug Information Service		1300 13 13 40
Sane Australia	<a href="http://www.sane.org">www.sane.org</a>	1800 18 7263
ReachOut	<a href="http://www.reachout.com.au">www.reachout.com.au</a>	1800 858 858
7 Cups of tea	one-on-one health & wellbeing chat service <a href="http://www.7cupsoftea.com">www.7cupsoftea.com</a>	
Healthdirect		1800 022 222
Quitline		13 78 48
COMMUNITY SERVICES DIRECTORY	<a href="http://www.limestone.servicesdirectory.org.au/">www.limestone.servicesdirectory.org.au/</a> to find the different services in the Limestone Coast region	

## Useful Apps



### **BeyondNow** – available on Android & Apple devices

Convenient & confidential, suicide safety plan to assist you through tough moments with things such as thinking about your reasons to live, distracting yourself with enjoyable activities, coping strategies & people you can contact for support – your friends, family and health professionals.



### **MyCalmBeat** – available on Android & Apple devices

Brain Exercises that helps improve your ability to manage stress through slow breathing.



### **Smiling Mind** – available on Android & Apple devices

Modern meditation, a unique web & app-based program developed by psychologists & educators to help bring balance to people's lives.



### **iCope** – available on Android devices

Automatically sends inspirational messages & reassuring statements, in your own words, to help you cope when you need it most.



### **MyMoodTracker** – available on Apple devices

The fun yet powerful design will help you understand what causes your emotions to change, & get you on the path to feeling good.



### **Diary – Mood Tracker** – available on Android devices

Record moods & activities with statistical charts to help you understand your habits and mood patterns.



### **Buddhify** – available on Android & Apple devices

Mindfulness-based meditation to help you de-stress, sleep better, and bring more awareness & compassion to all parts of your life.