

Fact Sheet

Riverland and Murraylands mental health support

When a disaster happens, it is common to feel stress and grief. Some people will recover without formal help, and others might need some extra support to help get things back on track.

If you or someone you know is feeling overwhelmed and struggling to cope, reach out to local services that can provide mental health and wellbeing support – they're here to help.

Local support services

General Practice

Your GP can help you to complete a Mental Health Treatment Plan which can give you access to counselling and psychological services.

To find a GP in your area, visit www.healthdirect.gov.au

Regional Access Program

Telephone and online counselling services for people in regional South Australia available 24 hours a day, 7 days a week.

1300 032 186 or www.saregionalaccess.org.au

FocusOne Health

Psychological therapies for people needing short to medium term mental health support. You can contact the service directly to discuss a referral.

8582 3823 or www.focusonehealth.com.au

iREACH Rural Health

Mental health support and psychological interventions in partnership with GPs, for people that would benefit from longer term care. You can contact the service directly to discuss a referral.

8531 1303 or www.ireach.org.au

Mind

Provides face to face support for individuals and families who are experiencing mental health or wellbeing concerns. The service is based at Chaffey Community Centre in Renmark.

Mind Connect: **1300 286 463**
Carer Helpline: **1300 554 660**
www.mindaustralia.org.au

Neami

Provides people with service navigation support and has expanded its eligibility criteria so more locals affected by the floods can access support without a GP referral.

Murray Bridge: **8531 2395** or www.neaminational.org.au

Relationships Australia

Provides counselling in all Riverland towns, and by telephone or video, especially for children and those from culturally diverse backgrounds.

Berri: **8582 4122** (for children)
AskPeace: **8245 8110** (for multicultural communities)
www.rasa.org.au

Sane

Provides Digital Aftercare where counsellors provide up to eight check-in calls of support for locals after presenting to an Emergency Department or other health service.

1800 187 263 or www.sane.org

Uniting Communities – Aboriginal Community Connect

Works with local Elders to provide culturally safe and accessible services, supporting connections with broader parts of the community.

Murray Bridge: **0428 956 943**
Berri: **8586 6362**
www.unitingcommunities.org/service/aboriginal-services/aboriginal-community-connect

Community Mental Health Services

Specialist support for people aged 16 and over who are experiencing mental health issues, including significant emotional distress, unsafe thoughts, or having difficulty coping. You can contact the services directly to discuss a referral.

Murray Bridge: **8535 6800** Berri: **8580 2525**

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Support services for children and young people

Kids Helpline

A free, confidential online and phone counselling service for young people aged 5 to 25 available 24 hours, 7 days a week.

1800 55 1800 or kidshelpline.com.au

Relationships Australia

Provides counselling in all Riverland towns, and by telephone or video, especially for children and those from culturally diverse backgrounds.

Berri: **8582 4122** (for children)
www.rasa.org.au

Headspace – Berri and Murray Bridge

Provides free mental health services, alcohol and drug counselling and other services for people aged 12 to 25. Support is available online or over the phone through eHeadspace.

eHeadspace: **1800 650 890**

Berri

3 Riverview Drive, Berri
8582 4422 or
headspace.org.au/headspace-centres/berri/

Murray Bridge

10 Second Street, Murray Bridge
8531 2122 or
headspace.org.au/headspace-centres/murray-bridge/

Child and Adolescent Mental Health Services (CAMHS)

Provides a free mental health service for children and young people with severe and complex emotional, behavioural, or mental health difficulties. Referrals are made via the referral and triage service CAMHS Connect. Young people and their parents are encouraged to seek advice via their GP or current mental health service provider before contacting CAMHS Connect.

1300 222 647 or
www.wchn.sa.gov.au/our-network/camhs

Urgent mental health support

In an emergency or if you need urgent assistance, call Triple Zero (000)

If you are in urgent need of mental health support or in a mental health emergency, contact the Country Mental Health Triage service for assistance.

Country Mental Health Triage Service

This phone line operates 24 hours, 7 days a week and is staffed by experienced mental health clinicians. They can provide advice and information in a mental health emergency or crisis.

13 14 65

Suicide Call Back Service

1300 659 467 or
www.suicidecallbackservice.org.au

LifeLine

13 11 14 or www.lifeline.org.au

BeyondBlue

1300 224 636 or www.beyondblue.org.au

Mensline

1300 789 978 or www.mensline.org.au

More information

For more information about ways to look after yourself and support others around you, visit www.sahealth.sa.gov.au/DisastersAndMentalHealthSupport.

For more information

Office of the Chief Psychiatrist
Department for Health and Wellbeing
SA Health
www.sahealth.sa.gov.au

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