



SUPPORT DIRECTORY

Crisis Support

If you or someone else is in immediate danger, call 000.

Lifeline

24/7 crisis support and suicide prevention.

☎ 13 11 14

🌐 <https://www.lifeline.org.au/get-help>

Suicide Call Back Service

24/7 professional counselling for people experiencing suicidal thoughts, concerned about someone else, or impacted by suicide.

☎ 1300 659 467

🌐 <https://www.suicidecallbackservice.org.au>

Kids Helpline

Free and confidential counselling for young people aged 5–25.

☎ 1800 55 1800

🌐 <https://kidshelpline.com.au>

Mental Health Support

headspace Adelaide

Free support for young people aged 12–25.

☎ 1800 063 267

🌐 <https://headspace.org.au/headspace-centres/adelaide>

Urgent Mental Health Care Centre

24/7 walk-in mental health support.

☎ 08 8448 9100

🌐 <https://sonder.net.au>

Housing & Homelessness

Homeless Connect SA

24/7 support for people experiencing or at risk of homelessness.

☎ 1800 003 308

🌐 <https://homelessconnectsa.org>

St John's Youth Services

Accommodation and support for young people.

☎ 08 8359 2989

🌐 <https://www.stjohnsyouthservices.org.au>

Domestic & Family Violence

Domestic Violence Crisis Line

24/7 support, safety planning and emergency accommodation.

☎ 1800 800 098

🌐 <https://womenssafetyservices.com.au>

1800RESPECT

National domestic, family and sexual violence counselling service.

☎ 1800 737 732

🌐 <https://www.1800respect.org.au>

Sexual Health & Sexual Assault Support

SHINE SA

Sexual health, contraception, STI testing and relationship support.

☎ 1300 883 793

🌐 <https://shinesa.org.au>

Yarrow Place

24/7 support for people aged 16+ who have experienced sexual assault.

☎ 1800 817 421

🌐 <https://www.sahealth.sa.gov.au>

Need Help?

You don't have to figure it out alone.

If something is going on and you're not sure where to start, these services can help. All services listed below are free or low-cost and confidential.

LGBTQIA+ Support

Bfriend

Peer support for LGBTQIA+ people and those questioning their identity.

📞 1800 615 677



<https://www.unitingcommunities.org/service/counselling-support/bfriend>

Thorne Harbour Health

LGBTQIA+ inclusive mental health and wellbeing services.

📞 08 7078 4128



<https://thorneharbour.org/south-australia>

Aboriginal & Torres Strait Islander Support

13YARN

24/7 culturally safe crisis support by Aboriginal and Torres Strait Islander people.

📞 13 92 76



<https://www.13yarn.org.au>

Aboriginal Family Support Services (AFSS)

Support for Aboriginal children, young people and families.

📞 08 8205 1500



<https://www.afss.com.au>

Food & Emergency Relief

Foodbank SA

Food relief and emergency assistance.

📞 08 8351 1136



<https://www.foodbank.org.au>

AnglicareSA Emergency Assistance

Food relief, financial support and referrals.

📞 1800 571 097



<https://anglicaresa.com.au>

Multicultural Support

Multicultural Youth SA (MYSA)

Support with education, housing, employment, family issues and wellbeing.

📞 08 8212 0085



<https://www.mysa.com.au>

Disability Support & Advocacy

Disability Advocacy and Complaints Service of South Australia (DACSSA)

Free advocacy and support for people with disability.

📞 08 7122 6030



<https://dacssa.org.au>

Not Sure Where To Start?

Contact MSC Student Wellbeing.

You don't need to be in crisis to ask for help.

