

Emergency and crisis phone numbers and helplines



Emergency services

- Phone triple zero (000) Ask for police, fire or ambulance
- State Emergency Service 132 500 – Flood or storm assistance

Alcohol and drugs

- Alcoholics Anonymous Helpline - phone 1300 222 222
- Alcohol and Drug Information Service - phone 1300 131 340
- Family Drug Support Australia - phone 1300 368 186
- Mobile Assistance Patrol (MAP) - phone 0411 474 368 MAP transports people under the influence of alcohol or other drugs to places of safety and support. Available seven days a week.

Crisis counselling

- Lifeline Australia - phone 13 11 14

The National Disability Abuse and Neglect Hotline

- To make a report, contact the Hotline on 1800 880 052 email: hotline@workfocus.com. open Monday to Friday, 9am to 7pm. The Hotline is not a crisis service.

Domestic violence

- Domestic Violence Crisis Line - phone 1800 800 098
- 1800 RESPECT - phone 1800 737 732

Eating Disorders

- The Butterfly Foundation's National Helpline, ED HOPE, is a free, confidential service that provides information, counselling and treatment referral for people with eating disorders, and body image and related issues. Call 1800 33 4673, 8am-midnight AEST / 7 days a week.

Gambling

- Gambling help online - phone 1800 060 757
- Problem gambling - phone 1800 858 858

Health

- [Health Direct](#) - phone [1800 022 222](#)
- [Poisons Information Line](#) on [13 11 26](#)
- Quit smoking - phone the [Quitline](#) on [13 78 48](#)

Homelessness

- [Homelessness Gateway](#) - phone [1800 003 308](#) Crisis advice and accommodation.

LGBTI

- [QLife Australia](#) provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages. Call [1800 184 527](#), 3pm-12am (midnight) AEST / 7 days a week.

Men

- [Mensline Australia](#) - phone [1300 789 978](#) 24/7
- [1800 RESPECT](#) - phone [1800 737 732](#)

Mental Health

- [Mindspot](#) is a free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression. This is not an emergency or instant response service. Call [1800 61 44 34](#) AEST, 8am-8pm (Mon-Fri), 8am-6pm (Sat).
- [PANDA](#) (Perinatal Anxiety & Depression Australia) provides a national telephone information, counselling and referral service staffed by trained volunteers, professional counsellors and supervising staff. Many helpline counsellors have had their own experience of perinatal depression or anxiety. Call [1300 726 306](#), 9am-7:30pm AEST (Mon-Fri).
- [SANE Australia](#) provides support, training and education enabling those with a mental illness to lead a better life. Call [1800 18 7263](#), 10am-10pm AEST (Mon-Fri).

Police assistance

- [Police assistance](#) - phone [131 444](#) Non-emergency calls for police attendance.

Seniors

- [SA Elder Abuse Prevention Phone Line](#) on [1800 372 310](#)

Sexual assault

- [Yarrow Place](#) - phone [8226 8777](#) or toll free [1800 817 421](#), after hours [8226 8787](#) for services for rape and sexual assault victims.
- [1800 RESPECT](#) - phone [1800 737 732](#) National sexual assault, domestic family violence counselling service.

Suicide prevention

- [Beyond Blue](#) - phone [1300 224 636](#)
- [Lifeline Australia](#) - phone [13 11 14](#)
- [Suicide call back service](#) - phone [1300 659 467](#)

Veterans

- [Open Arms](#) - Veterans & Families Counselling provides 24/7 free and confidential, nationwide counselling and support for war and service-related mental health conditions, such as post-traumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Call [1800 011 046](#).

Victim/Survivor support

- [1800 VICTIM](#) - phone [1800 842 846](#)
- [Blue Knot Foundation Helpline](#) (formerly ASCA Professional Support Line) provides help, information, support or referral for adult survivors of childhood trauma and abuse, their partners, family and friends, health professionals and anyone in the workplace working with people who have experienced childhood trauma and abuse. Call [1300 657 380](#), 9am-5pm AEST / 7 days a week.

Women

- [Domestic Violence Crisis Line](#) - phone [1800 800 098](#) (after hours diverts to Homelessness Gateway Service) for crisis counselling, support and referral to safe accommodation.
- [1800 RESPECT](#) - phone [1800 737 732](#) National sexual assault, domestic family violence counselling service.
- [Women's Information Service](#) of South Australia - phone [8303 0590](#) or [1800 188 158](#)
- [Women's Safety Services SA](#) - phone [1800 800 098](#)

Young people

- [Child Abuse Report Line](#) - phone [13 14 78](#) Report suspected child abuse.
- [Kids Helpline](#) - phone [1800 551 800](#) Anonymous and confidential telephone counselling aged 5 to 25 free 24/7
- [Headspace](#) - phone [1800 650 890](#) aged 12 to 25 years and their families. Call 1800 650 890, 9am-1am AEST / 7 days a week.
- [Youth Beyond Blue](#) - phone [1300 224 636](#) Help with anxiety and depression.
- [Parent Helpline](#) - phone [1300 364 100](#) Information and support on health, behaviour, development and parenting for parents and carers.