After a disaster or major incident such as a bushfire, it’s common to feel stress and grief. Some people will recover without formal help. However, others may need extra support to help get life back on track.

If you or someone you know are experiencing mental health impacts, it may be helpful to link with local services that can provide specialist mental health support.

Primary Mental Health Services

Your local Doctor (GP)

For access to no-cost or low-cost counselling, book a double appointment with your local GP to arrange a Mental Health Care Plan. Once complete, this plan will entitle you to up to ten Medicare funded counselling sessions with a local counsellor. Please be aware there may be a small gap payment for accessing this service.

Psychology services

Psychologists can assist individuals with distressing thoughts, emotions and anxieties that are associated with a traumatic event. Individuals can be referred to a Psychology service by their local GP.

Further information about the support that Psychologists provide, and assistance with locating a local Psychology service provider can be found at:

Website: www.psychology.org.au

Regional Access program

Regional Access is a telephone and online support service that provides up to three short-term counselling sessions for people in Country South Australia.

Regional Access can be contacted 24-hours a day, seven days a week.

Self-referral

Telephone: 1300 032 186
Website: saregionalaccess.org.au

eHeadspace (Youth Mental Health Service)

eHeadspace is a nationally accessible youth mental health service that provides free support to people aged 12 – 25 years old. Support can be offered online or through phone based counselling. The service can also provide useful information to friends, carers and families.

Website: www.headspace.org.au/eheadspace
Phone: 1800 650 890
Community Mental Health Services

Mental Health Triage Service

The SA Health Mental Health Triage Service operates **24 hours, 7 days a week.**
- Provides advice and information in a mental health emergency or crisis situation.
- Staffed by mental health clinicians.

If you feel that you may be in urgent need of mental health support, please contact the Mental Health Triage service for assistance:

Phone: 13 14 65

Child and Adolescent Mental Health Services (CAMHS)

Support for children and youth up to 16 years old

CAMHS is a free mental health service for children and young people up to the age of 16 with moderate to severe and complex emotional, behavioural or mental health difficulties. Staff are located in Minlaton and Kadina. Family members and service providers can speak with their local GP about the support needs of children and young people, which may include involving the CAMHS service to provide a specialised clinical intervention. CAMHS referrals can be arranged by contacting the CAMHS Connect service:

Phone: 1300 222 647

Yorke Peninsula Mental Health Service

Support for people 16 years and older

The Yorke Peninsula Mental Health Service provides clinical support to individuals who are experiencing a diverse range of mental health issues – including significant emotional distress, unsafe thoughts, or having difficulty coping with their circumstances. The service can help identify the most appropriate support options for an individual’s particular situation, as well as assist with strategies that reduce distress levels and offer support that aids recovery.

Individuals, community members and service providers are welcome to contact the Mental Health Duty Worker on **8828 1350** (during business hours) to enquire further about our service.

Referrals can be arranged by contacting the Country Referral Unit: **1800 944 912**

After hours support can be provided by the Mental Health Triage service: **13 14 65**

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For further information and resources, visit: