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.

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

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 via your GP and a mental health care plan.

**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, 7 days a week.

**Phone (self-referral):** 1300 032 186  
**Website:** saregionalaccess.org.au

**Headspace and eHeadspace (Youth Mental Health Service)**

Headspace provides mental health support for young people aged 12 to 25 years of age. In the Adelaide Hills regions, Headspace provides clinical support in Mt Barker. Headspace will provide priority support for young people affected by the bushfires. Accessing supports is via direct referral or through your GP.

**Address:** 26 Hack Street, Mount Barker, South Australia 5251  
**Phone:** (08) 8398 4262  
**Website:** headspace.org.au/headspace-centres/mount-barker  
**eHeadspace offers support 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

Country Mental Health Triage Service
The SA Health Country 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 Country 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. CAMHS staff are located in Mt Barker. 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

Adelaide Hills Community Mental Health Service

Support for people 16 years and older
The Adelaide Hills Community 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. The service has staff based in Mt Barker. The service is able to access Psychiatry consultations and provide treatment recommendations to local GPs to assist with individuals’ ongoing care.

Individuals, community members and service providers are welcome to contact the Mental Health Duty Worker on **(08) 8393 1636** (during business hours) to enquire further about our service.

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

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Other support services

- LifeLine 13 11 14
- BeyondBlue 1300 224 636
- Suicide Call Back Service 1300 659 467

For further information and resources, visit: [www.sahealth.sa.gov.au/DisastersAndMentalHealthSupport](http://www.sahealth.sa.gov.au/DisastersAndMentalHealthSupport)