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:

If you or someone you know are noticing changes in mental health, 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 which on Kangaroo Island are provided as one of the services provided by the local Mental Health team. 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.

Regional Access- rural health and emotional support

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.

Phone (self-referral): 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

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 visit Kangaroo Island regularly. 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

KI Mental Health Service

Support for individuals 16 years and older

The Kangaroo Island Mental Health Service provides clinical support to individuals who are experiencing a diverse range of mental health issues – including diagnosis and management of major mental illness, 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 Kingscote. 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 Cook Centre on (08) 8553 4231 and ask for the Mental Health Duty Worker (during business hours) to enquire further about our service.

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

Other support services

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

For further information and resources, visit: