Support Services – Pathways App

Keep this sheet — you can reach out to any of these services at any time.

IN AN EMERGENCY	
Emergency services	**Call 000**
Lifeline (24/7 crisis support)	**13 11 14**
Urgent Mental Health Care Centre (SA, 24/7)	**(08) 8448 9100**

LOCAL SERVICES — FAR WEST SA	
Yadu Health Aboriginal Corporation — Ceduna	**(08) 8626 2500**
Tullawon Health Service — Yalata	**(08) 8625 6237**
Oak Valley / Maralinga Clinic	**(08) 8670 4207**

ABORIGINAL SUPPORT LINES	
13YARN — Yarn to an Aboriginal crisis supporter (24/7)	**13 92 76**
Brother to Brother — 24/7 crisis line for men	**1800 435 799**
Thirrili — Postvention support service	**1800 805 801**

MENTAL HEALTH & WELLBEING	
Mental Health Crisis Line (SA)	**13 14 65**
Beyond Blue	**1300 22 4636**
Headspace	**1800 650 890**
Kids Helpline	**1800 55 1800**
R U OK? — ask our mob	**www.ruok.org.au/findhelp**

OTHER SUPPORT	
1800RESPECT — Domestic & family violence (24/7)	**1800 737 732**
Alcohol & Drug Information Services SA	**1300 131 340**
BlaQ Aboriginal Corporation — LGBTQIASB+ mob	**www.blaq.org.au**