

**1 in 4 South  
Australians will at  
some time in their  
lives be affected by  
a mental or  
emotional disorder**

**May 2015**

**For further  
information,  
contact your  
local doctor**



**Government of South Australia  
Country Health SA**

**PICK  
ME  
UP**

## **HELP AVAILABLE**

Inner North Country

Mental Health Team **8521 2117**

Centrelink..... **13 10 21**

Child Abuse

Report Line..... **13 14 78**

Child Adolescent

Mental Health

Service (CAMHS). **1800 819 089**

Child &

Youth Health..... **1300 733 606**

Crisis Care..... **13 16 11**

Dads in Distress... **1300 853 437**

Drug and Alcohol

Services..... **1300 131 340**

D/V Helpline.... **1800 800 098**

A/H **1800 003 308**

Families SA..... **8521 4444**

ETLS R & R..... **7087 1661**

Gawler Health

Service ..... **8521 2080**

Health Direct... **1800 022 222**

Central Referral

Unit (CRU).... **1800 003 307**

Kids Helpline.... **1800 551 800**

Lifeline..... **13 11 14**

Lyell McEwin

Health Services.... **8182 9000**

Mental Illness

Fellowship SA.... **8378 4100**

Parent Helpline... **1300 364 100**

Pregnancy

Advisory Centre... **1800 672 966**

Police Assistance..... **000**

Relationships

Australia ..... **1800 182 325**

Rural & Remote..... **13 14 65**

Suicide Call

Back ..... **1300 659 467**

Women's

Information Centre.. **8303 0590**