

After Hours Support Services

In addition to Repromed in house Counselling there are wide variety of community services available after hours should you need additional or crisis support.

It may be that the initial service you contact does not meet the support you are looking for.

In this instance please contact another counselling service below. Services listed are all available 24/7 with exception of The Medicare Mental Health Centre in Darwin.

Urgent Mental Health Care Centre (Adelaide only)

Walk in service, alternative to presenting at hospital emergency departments for mental health crisis. Working with you to understand what will help immediately, and if needed, connect with you support for later.

P. 8448 9100

215 Grenfell Stt,
Adelaide SA 500

Lifeline

Available to support immediate emotional distress. National service, also has webchat function.

P. 13 11 14

Suicide Call Back Service

For those at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues. National service, also has webchat and video counselling.

P. 1300 659 467

Beyond Blue

For general wellbeing support service and mental health. National servic. Webchat available

P. 1300 224 636

1800 RESPECT

Support available for those experiencing and perpetrating violence and abuse. National service, has sms and webchat support.

P. 1800 737 732

Northern Territory Mental Health Line**P.** 1800 682 288

If you are concerned about your mental health or that of someone close to you, this mental health line is available 24 hours a day, 7 days a week.

**Mental Health Triage Service
(South Australia only)****P.** 13 14 65

For advice and information in a mental health emergencies or crisis situations this service is available 24 hours a day, 7 days a week.

Mens Line**P.** 1300 789 978

Information and referral service for men with family and relationship concerns. National service, has phone and online counselling.

Red Nose**P.** 1300 308 307

Loss and grief support following pregnancy loss, stillborn or the death of a child.

Kids Helpline**P.** 1800 551 800

Available for young people age 5 to 25, available practical help and emotional support. National service, has webchat function.

Pink Elephants**W.** www.pinkelephants.org.au

Support for miscarriage and early pregnancy loss. Webchat and peer support as well as online information and resources.

Darwin Medicare Mental Health Centre**P.** 8914 6600

Mental health and wellbeing support. Drop-in or call.

Mon-Wed-Fri: 9am-9pm**Thurs:** 1pm-9pm**Sat-Sun-PH:** 12pm-8pm

In addition to these crisis support services, your GP can provide a mental health treatment plan and referral to a therapist that can provide Medicare subsidised and ongoing support.

If you or your partner experience a mental health emergency it is important to inform your doctor or a counsellor at Repromed so that we can ensure we support you in the most appropriate way.