

# STOP THE SPREAD

**STAY STRONG**

## NEED TO TALK? YOU ARE NOT ALONE.



### THERE IS HELP AND SUPPORT AVAILABLE.

- SA Aboriginal Mental Health Support and Advice Line (Thirilli): 1800 841 313
- SA COVID-19 Mental Health Support Line (8am to 8pm, 7 days): 1800 632 753
- Emergencies: 000
- Suicide Call Back Service: 1300 659 467
- SA Mental Health Triage: (24/7) 131 465
- Lifeline Australia: 131 114
- Mensline Australia: 1300 789 978
- Kids Help Line: 1800 551 800
- Alcohol & Drug Information Service (ADIS): 1300 131 340
- 1800 RESPECT or 1800 737 732 for confidential information, counselling and support
- SA COVID-19 Information Line: 1800 253 787
- If your home isn't safe, reach out to someone who can help; police, community workers or leaders, or other people you trust.

Visit [www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au) for information on health, housing, business and Centrelink, schools, universities, transport, and other community information.

Consider downloading the COVIDSafe app to your phone to help health officials with contact tracing if required.



**CALL FOR  
SUPPORT**



**CONNECT  
ONLINE**

### FURTHER INFORMATION

**SA Government COVID-19 website**  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

**AHCSA COVID-19 website**  
[www.ahcsa.org.au](http://www.ahcsa.org.au)



Government  
of South Australia



**Aboriginal Health Council**  
of South Australia Ltd.  
*our health, our choice, our way*