



Connect-In

Mental wellbeing services for Clare & surrounds



ON-LINE / PHONE SERVICES	WEBSITE	CONTACT
Regional Access	www.saregionalaccess.org.au	1300 032 186
Suicide Call Back Service	www.suicidecallbackservice.org.au	1300 659 467
Beyond Blue	www.beyondblue.org.au	1300 224 636
Lifeline	www.lifeline.org.au	13 11 14
Kids Help Line	www.kidshelpline.com.au	1800 551 800
Mens Line Australia	www.mensline.org.au	1300 789 978

SERVICES / RESOURCES	WEBSITE / EMAIL	CONTACT
Country and Outback Health	http://cobh.com.au/aboutus/	8841 4400
Headspace	https://headspace.org.au/	8641 4300
Country Health SA Mental Health	https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/regional+mental+health+services	8841 3500
Child & Adolescent Mental Health (CAMHS)	http://www.wch.sa.gov.au/services/az/divisions/mentalhealth/index.html	8841 3500
Clare Medical Centre	http://www.claremedical.com.au/pages/services/mental-health.php	8841 3777
Uniting Country SA	https://www.uksa.org.au/	1300 067 777
Head to Health	https://headtohealth.gov.au/	
Suicide Prevention Networks	<ul style="list-style-type: none">https://soscoppercoast.com.au/vision-mission/https://www.facebook.com/midnorthspn/	
Mid North Service Directory	https://midnorth.servicesdirectory.org.au/	
PIRSA Family and Business Mentors	https://pir.sa.gov.au/grants_and_assistance/drought_support/health_and_wellbeing <ul style="list-style-type: none">John WhiteJudy Wilkinson	0447 787 436 0401 122 049
PIRSA Mental Health Mentors	<ul style="list-style-type: none">Anthony NorthEmma Sharkey	0409 398 435 0407 600 038

APPS	WEBSITE
Hello Sunday Morning (App)	www.hellosundaymorning.org
My Team App (Red Cross)	www.redcross.org.au/internal/my-team-app