

LOCAL MENTAL HEALTH SERVICES

Crisis Support

Mental Health Triage / Rural & Remote	SA Mental Health Triage Service operates 24/7. Ph. 13 14 65
Urgent Mental Health Care Centre	The alternative to Hospital Emergency for people experiencing a Mental Health Crisis. Open 24/7. located at 215 Grenfell Street, Adelaide. Ph. (08) 8448 9100
Please Call 000 in an Emergency	

Mount Barker Mental Health Support

Adelaide Hills Community Mental Health Service	22 Druids Ave, Mount Barker. Ph. (08) 7425 7770
Summit Health CONNECTcare - Access	Free Mental Health Counselling and Psychology. (*Requires MHCP) 85 Wellington rd, Mount Barker. Ph. (08) 8406 7715
Headspace (Ages 12 - 25)	Youth Friendly, Community Based, Cost Free Mental Health Service. 30 Stephen St, Mount Barker. Ph. (08) 8398 4262
Anglicare Suicide Prevention Service	Free three-month intensive program providing specialised support to individuals who have had a recent suicide attempt. Ph. 1300 077 798
Country Wellness Connections	Short term individual support for people with complex mental health needs. Ph. (08) 8643 5600
Carer Gateway	Support for Carers including emotional support and practical resources. Can refer to local Counselling, Coaching and Support Groups. Ph. 1800 422 737
CAMHS	Child and Adolescent Mental Health Service. Encouraged to seek GP referral. 23 Victoria Cres, Mount Barker. Ph. 8391 3922 or CAMHS connect on 1300 22 647
Regional Access	Free professional phone and online counselling for regional South Australia. Ph. 1300 032 186
Mt Barker GROW Group	Peer-to-Peer led mental health support group. Mondays 4pm-6pm. 3 Dumas Street, Mount Barker. Ph. (08) 8298 9299

Phone Support Lines

Head to Health	Free call for Mental Health guidance and advice. Ph. 1800 595 212
Lifeline	24 hour crisis support and suicide prevention service. Ph. 13 11 14 Text and chat options available on their website
Beyond Blue	24/7 Brief Mental Health Counselling. Ph. 1300 22 4636
LETSS	Lived Experience Telephone Support Service. 5pm - 11:30pm Ph. 1800 013 755
13YARN	24/7 Aboriginal & Torres Strait Islander Crisis Supporters. Ph. 13 92 76

