

# Government services

Ceduna District Health Services  
- 8626 2160

Child & Adolescent Mental Health (CAMHS)  
Port Lincoln  
- 1300 222 647

Cleve District Hospital - 8628 2399  
Eyre Mental Health Services  
- 8683 2083

Cowell District Hospital - 8629 3000  
Cummins and District Memorial Hospital  
- 8676 0200

Drug & Alcohol Service (DASSA)  
- 1300 131 340

Elliston Hospital - 8687 9001

Kimba District Hospital - 8627 2400  
Lock Community Health & Welfare Centre  
- 8689 1006

Port Lincoln Hospital & Health Services  
- 8683 2200

Streaky Bay Hospital - 8626 1009  
Tumby Bay Hospital & Health Service  
- 8688 2107

Wudinna Hospital - 8680 2101  
Whyalla Adult Mental Health Team  
- 8648 8300

# crisis contact details

**Police, Fire, Ambulance - 000**

**Regional Access - 1300 032 186**

**Rural Mental Health - 131 465**

**Lifeline - 131 114**

**Kids Helpline - 1800 551 800**

**Crisis Care - 131 611**

**Men's Line - 1300 789 978**

**Suicide Call Back - 1300 659 467**

**Beyond Blue - 1300 224 636**

**Family Drug Support -**

**1300 368 186**

**Stand By - Support after Suicide-**

**0438 728 644**

**QLife (LGBTI Service) -1800 184 527**



*Updated October 2019*



EYRE PENINSULA  
MENTAL HEALTH  
SERVICES &  
SUPPORT  
GUIDE FOR  
FAMILIES



# Community Counselling

Centacare Catholic Country SA:  
Ceduna - 8628 7600;  
Port Lincoln - 8683 0733;  
Whyalla - 8645 3655.

Country & Outback Health (COBH), Port  
Lincoln & Whyalla (referral needed)  
- 8621 3800;

services also available at Ceduna, Streaky Bay,  
Elliston, Wudinna, Cleve, Kimba, Cowell.

EP Counselling & Art Therapy  
- 0427 013 737

Headspace Whyalla - 8641 4330

Nunyarra Aboriginal Health Service Inc.  
(Whyalla)- 8649 4366

Port Lincoln Aboriginal Health Service  
- 8683 0162

Positive Future Self (Port Lincoln)  
- 0437 800 733

Wellness SA (Port Lincoln) - 8682 5133

West Coast Youth & Community Support (Port  
Lincoln, Cummins & Tumby Bay)  
- 8683 0072

“  
MY FAMILY IS MY  
NUMBER ONE VALUE  
- D. W. KIMBA  
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## Online Resources

[www.helpingminds.org.au](http://www.helpingminds.org.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
[www.copmi.net.au](http://www.copmi.net.au)  
[www.cyh.com](http://www.cyh.com)  
[www.eheadspace.org.au](http://www.eheadspace.org.au)  
[www.headspace.org.au](http://www.headspace.org.au)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.llttf.com](http://www.llttf.com)  
[www.mindsplus.com.au](http://www.mindsplus.com.au)  
[www.reachout.com.au](http://www.reachout.com.au)  
[www.sane.org.au](http://www.sane.org.au)  
[www.tuneinnotout.com](http://www.tuneinnotout.com)  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)  
[www.ysas.org.au](http://www.ysas.org.au)



### TALK ABOUT THOUGHTS AND FEELINGS

As soon as your child begins to recognise and name their own thoughts and feelings, and those of others, start an age-appropriate conversation about how our human emotions and minds work. This “normalisation” of differences makes it more likely that your child will confide any future psychological problems to you and be less inclined to stigmatize others.

“  
WHEN LITTLE PEOPLE ARE  
OVERWHELMED BY BIG  
EMOTIONS, IT'S OUR JOB TO  
SHARE OUR CALM, NOT JOIN  
THEIR CHAOS  
”