

# Urgent support in Adelaide and South Australia

## **13 14 65 | SA Mental Health Triage**

Contact the state mental health triage service for assistance in a mental health emergency. Call 000 when there is an immediate threat to life or safety. [6]

## **1800 800 098 | Domestic Violence Crisis Line**

South Australian domestic violence crisis support and emergency accommodation assistance. Alternative number: 1300 782 200. [7]

## **131 444 | SA Police non urgent assistance**

For police assistance that is not an emergency, including reporting concerns about violence or threatening behaviour. For immediate danger call 000. [8]

## **1300 766 491 | Men's Referral Service**

Support concerning men's use of family violence. For immediate threats or injuries, contact emergency services. [8]

## **Public emergency department**

Royal Adelaide Hospital, Port Road, Adelaide. The emergency department is on Level 2; follow the red emergency signs. Use the nearest suitable emergency department rather than travelling further unnecessarily. [9]

## **If you are overwhelmed**

You can say: "I am struggling and I need help to stay safe. Can you come with me to an emergency department or help me call the appropriate service?"

## **If another person is unsafe**

Seek a safe place if you can do so safely. Do not confront a person using violence. Emergency services and specialist violence services can help you decide what to do next.

## **Keep these national contacts too**

000 for emergencies. Lifeline 13 11 14 for crisis support. 1800RESPECT 1800 737 732 for domestic, family and sexual violence. Use the Australia sheet alongside this one.