

# ARE YOUR MATES OKAY?



**We can all make a difference in the lives of those who might be struggling. If you feel like there is a change in a mate’s behaviour, you may be able to help.** You may notice something is not quite the same.

Are they:

- Less concerned with their appearance and/or personal hygiene?
- Losing interest in what they used to enjoy?
- Becoming agitated or withdrawn?
- Behaving recklessly?

If you are worried, trust your gut instinct and take time to ask them “Are you okay?” Ensure you really listen to them. Remember that if you are worried about someone, it is safe to ask: “Have you had any thoughts about suicide?” By reaching out to someone who’s going through a tough time, we can show them they are supported, and this encourages them to access help sooner.

**We can also take care of ourselves by:**

- Eating a well-balanced diet and drinking sensibly
- Getting enough sleep
- Doing things we enjoy, and doing them often
- Taking time to relax
- Ringing our friends and families regularly
- Keeping active
- Keeping ourselves and our families safe

**Note: If your mates say they are not okay, for example if they have had thoughts of suicide, offer to help them look for support. The resources on this sheet are a great place to start looking together.**

## ANXIETY, DEPRESSION AND HEALTH

<p><b>Acute Crisis Intervention Service (ACIS) (Mental Health Triage Service)</b> The main point of access for mental health services. Phone: 13 14 65 (24 hours)</p>	<p><b>Beyond Blue</b> Information and advice about anxiety, depression and suicide prevention and referrals to other services. Phone: 1300 224 636 (24 hours) Web: <a href="http://beyondblue.org.au">beyondblue.org.au</a></p>
<p><b>Farmer Exchange</b> The online agricultural community for farmers through peer-to-peer learning and social connection in Australia. Web: <a href="http://ag.farmtable.com.au/exchange-information">ag.farmtable.com.au/exchange-information</a></p>	<p><b>Fat Farmers (Rural Health Initiative)</b> Inspiring and encouraging rural communities to improve their health and wellbeing through physical activity. Web: <a href="http://fatfarmers.com">fatfarmers.com</a></p>
<p><b>General Practitioner/Family Doctor</b> Your GP can assist you with a Health Care Plan, including referrals to other health professionals with subsidies.</p>	<p><b>Health Direct Australia</b> Registered nurses provide expert advice about any health issue and direct you to local health services. Phone: 1800 022 222 (24 hrs, free-call from landlines) Web: <a href="http://healthdirect.gov.au">healthdirect.gov.au</a></p>
<p><b>I Farm Well (Growing Farmers’ Wellbeing)</b> A free online toolkit designed to help improve farmers’ wellbeing - a resource to help farmers cope effectively with life’s challenges and get the most out of every day. Web: <a href="http://ifarmwell.com.au">ifarmwell.com.au</a></p>	<p><b>LETSS (Lived Experience Telephone Support Service)</b> A telephone service where peer workers use their lived experience to provide support in times of distress. Phone: 1800 013 755 (5pm - 11:30pm)</p>
<p><b>Men’s Line Australia</b> A telephone and online support service for men. Phone: 1300 789 978 (24 hours) Web: <a href="http://mensline.org.au">mensline.org.au</a></p>	<p><b>National Indigenous Critical Response Service</b> To support indigenous individuals and their families affected by suicide-related and other trauma. Phone: 1800 805 801 (24 hours)</p>

<p><b>Qlife</b> LGBTI peer support and referral service, for any person wanting to talk about sexuality, identity, gender or feelings. Phone: 1800 184 527 (3pm - 12am) Web: <a href="http://qlife.org.au">qlife.org.au</a></p>	<p><b>R U Ok?</b> How to reach out to someone you are concerned about, for example, when you've noticed a change in them. Web: <a href="http://ruok.org.au">ruok.org.au</a></p>
<p><b>SHINE SA (Sexual Health)</b> Support with any sexual health issues, including testing. Phone: 1300 883 793 (9am - 2:30pm Mon - Fri) Web: <a href="http://shinesa.org.au">shinesa.org.au</a></p>	<p><b>Wellbeing and Coping</b> To help anyone struggling with their situation, e.g. during the pandemic, to feel a bit calmer and find new ways to cope. Web: <a href="http://learn.4mentalhealth.com">learn.4mentalhealth.com</a></p>

## DRUGS, ALCOHOL AND ADDICTIONS

<p><b>Alcohol and Drug Information Service (ADIS)</b> A confidential drug and alcohol information, counselling and referral service for the general public and their concerned families or friends. Phone: 1300 131 340 (8:30am - 10pm)</p>	<p><b>Family Drug Support</b> Supporting families of people using alcohol or other drugs. Phone: 1800 368 186 (24 hours) Web: <a href="http://fds.org.au">fds.org.au</a></p>
<p><b>Gambling Helpline</b> When you or someone you know has a gambling problem. Phone: 1800 858 858 (24 hours) Web: <a href="http://problemgambling.sa.gov.au">problemgambling.sa.gov.au</a></p>	<p><b>Know Your Options</b> Assistance for people with alcohol or other drug problems. Web: <a href="http://knowyouroptions.sa.gov.au">knowyouroptions.sa.gov.au</a></p>

## FAMILY RELATIONSHIPS

<p><b>1800 Respect (Domestic Violence)</b> Support for people experiencing family violence or abuse. Phone: 1800 737 732 (24 hours) Web: <a href="http://1800respect.org.au">1800respect.org.au</a></p>	<p><b>Carers SA and Carer Gateway</b> These services help carers to manage daily challenges, reduce stress and make plans for the future. Phone: 1800 422 737 (8am - 6pm Mon - Fri) Web: <a href="http://carerssa.com.au">carerssa.com.au</a></p>
<p><b>Men's Referral Service (Domestic Violence)</b> This service from "No to Violence" offers assistance and counselling to help men who use family violence. Phone: 1300 766 491 (8am - 9pm Mon - Fri, Web: <a href="http://ntv.org.au/get-help">ntv.org.au/get-help</a> 8am - 6pm Sat - Sun)</p>	<p><b>Open Arms Veterans &amp; Families Counselling</b> Help for those who have served in the ADF and their families. Phone: 1800 011 046 (24 hours) Web: <a href="http://openarms.gov.au">openarms.gov.au</a></p>
<p><b>Relationships Australia, South Australia</b> Provides the help needed to overcome difficulties in relationships, so people can bring about changes. Phone: 1300364277 or 1800182325 (country callers) Web: <a href="http://rasa.org.au">rasa.org.au</a> (8-5pm Mon, T &amp; F; 8-7:30 W-Th)</p>	<p><b>Women's Information Service</b> Assistance for SA women online and over the telephone. Phone: 8303 0590, free-call 1800 188 158 (9am - 5pm Mon - Fri) Web: <a href="http://wis.sa.gov.au">wis.sa.gov.au</a></p>

## FINANCIAL AND LEGAL SERVICES

<p><b>Emergency Relief - Lutheran Community Care</b> Food vouchers and items, chemist script payments and referrals to other services. Phone: 8562 2688 (9am - 4:30pm Mon - Th)</p>	<p><b>Farmer Assistance Hotline</b> Provides assistance for farmers and their families, who are experiencing financial hardship. Phone: 13 23 16 (8am - 8pm Mon - Fri)</p>
<p><b>Financial Counselling - Lutheran Community Care</b> Financial counsellors help with hardship related to bills concessions and debts. Phone: 8562 2688 (9am - 4:30pm Mon - Th)</p>	<p><b>Legal Services Commission - Legal Help</b> Preliminary legal information, advice and referrals. Phone: 1300 366 424 (9am - 4:30pm Mon - Fri) Web: <a href="http://lsc.sa.gov.au/FreeLegalHelp">lsc.sa.gov.au/FreeLegalHelp</a></p>
<p><b>National Debt Helpline – Salvation Army</b> Get back on track with free financial counselling. Phone: 1800 007 007 (9:30am - 8pm Mon - Th, Web: <a href="http://ndh.org.au">ndh.org.au</a> 9:30am - 4:30pm Fri)</p>	

## LOCAL AND REGIONAL SERVICES

<p><b>Barossa Cares</b> A 'one-stop-shop' to enable members of the community to connect with services they need during the pandemic. Phone: 8563 8444 (24 hours) Web: <a href="http://barossacares.com.au">barossacares.com.au</a></p>	<p><b>Personal Counselling - Lutheran Community Care</b> Support for mental health and wellbeing, relationship or parental concerns, domestic violence, trauma and grief. Phone: 8562 2688 (9am - 4:30pm Mon - Th)</p>
<p><b>Regional Access</b> Counselling for people 15 years and older who are feeling stressed, and who live or work in regional SA. Phone: 1300 032 186 (24 hours) Web: <a href="http://saregionalaccess.org.au">saregionalaccess.org.au</a></p>	

## RESOURCES FOR YOUNG PEOPLE

<p><b>ASCEND Suicide Intervention Program</b> An intervention program supporting young people aged up to 25 years who are at risk of self-harm. Phone: 8303 6650 (during business hours)</p>	<p><b>Crisis Care</b> Assistance with after-hours emergencies like personal trauma, child abuse, homelessness and suicidal behaviour. Phone: 13 16 11 (4pm-9am Mon-Fri, 24 hours Sat-Sun)</p>
<p><b>Headspace</b> A free support and counselling mental health service for young people aged 12-25 years and their families and friends. Phone: 1800 063 267 (10am - 5pm Tues, 9am - 7pm W, 9am - 5pm Mon, Th &amp; F) Web: <a href="http://eheadspace.org.au">eheadspace.org.au</a></p>	<p><b>Kids Helpline</b> A free, confidential and anonymous counselling service for people aged 5-25 years, by phone, email or over the web. Phone: 1800 55 1800 (24 hours) Web: <a href="http://kidshelpline.com.au">kidshelpline.com.au</a></p>
<p><b>Outer North Youth Homelessness Service (Youth Services Barossa)</b> For people aged 15 - 25 who are at risk of, or are homeless. Phone: 8303 6625 (during business hours)</p>	<p><b>Youth Beyond Blue</b> Information, resources and support for people aged 12- 25 years dealing with depression, anxiety and suicide. Phone: 1300 224 636 (24 hours) Web: <a href="http://youthbeyondblue.com">youthbeyondblue.com</a> (Online chat 3pm-12am)</p>

## SUICIDE PREVENTION AND SUPPORT

<p><b>Lifeline</b> This service provides crisis support and suicide prevention. Phone: 13 11 14 (24 hours) Web: <a href="http://lifeline.org.au">lifeline.org.au</a></p>	<p><b>Living Beyond Suicide</b> A free program providing practical and emotional support for those bereaved through suicide. Phone: 1300 761 193 (10am - 10pm) Web: <a href="http://anglicaresa.com.au/support/suicide-support/living-beyond-suicide">anglicaresa.com.au/support/suicide-support/living-beyond-suicide</a></p>
<p><b>Stand By Support After Suicide (Suicide Bereavement [postvention] Support)</b> Support for people who have been impacted by suicide at any time in their lives. Phone: 0438 728 644 (24 hours) Web: <a href="http://standbysupport.com.au">standbysupport.com.au</a></p>	<p><b>Suicide Call Back Service</b> Support for people 18 years and over at risk of suicide, their carers and those bereaved by suicide. Phone: 1300 659 467 (24 hours) Web: <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a></p>