

# Navigating the mental health system in country South Australia: Key tips for carers

By understanding where to get help, you'll be better prepared to provide support to someone while also looking after your own wellbeing.

## Access emergency services

- For immediate support, call 000 or visit the nearest emergency department.
- For help in a mental health emergency, call [Mental Health Triage Service](#) on 13 14 65.

## Contact mental health support

- [Medicare Mental Health Centres](#) - 1800 595 212  
A free walk-in service that provides immediate mental health support and information – no referral, appointment or Medicare card required.
  - [Port Pirie](#)
  - [Mount Barker](#)
  - [Mount Gambier](#).
- [13YARN](#) - 13 92 76  
24/7 crisis support for Aboriginal or Torres Strait Islander peoples.
- [Lifeline](#) - 13 11 14  
24/7 crisis support and suicide prevention services.
- [Clare Lifeline Connect Centre](#) - 08 8842 2827  
Face-to-face support.
- [Mission Australia Universal Aftercare SA](#)  
1800 951 123. Face-to-face support.
  - [Mount Barker](#)
  - [Mount Gambier](#)
  - [Murray Bridge](#).

- Local Health Network mental health services
  - [Barossa Hills Fleurieu](#)
  - [Eyre and Far North](#)
  - [Flinders and Upper North](#)
  - [Limestone Coast](#)
  - [Riverland Mallee Coorong](#)
  - [Yorke and Northern](#).

## Connect with carer support services

- Access the [Minds Together](#) program for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt.
- Reach out to [Carers SA](#) on 1800 422 737 to access peer support, advice and a wide range of services.

## Understand your rights

You have rights as a carer under national and South Australian laws. You have a right to:

- be treated with respect
- be considered a partner by other care providers
- privacy and confidentiality
- work and be supported by your employer
- make a complaint about a service
- appeal a decision.

For more information, contact the Carer Gateway helpline (Monday - Friday) on 1800 422 737 for practical advice and support.

