

# While you're waiting for an appointment



There may be times when you are waiting for an appointment with a counsellor at **headspace** Adelaide. While we work to minimise the wait for you, the **headspace** Adelaide team have collated some information and quick tips to help in the mean time.

## Emergency Contacts

**headspace** is not a crisis service.

If there is an emergency situation, or if you or someone else is in immediate danger or at risk of harm, contact the appropriate services listed below:

**Women's and Children's Hospital - Emergency Department**  
(under 18 years old)

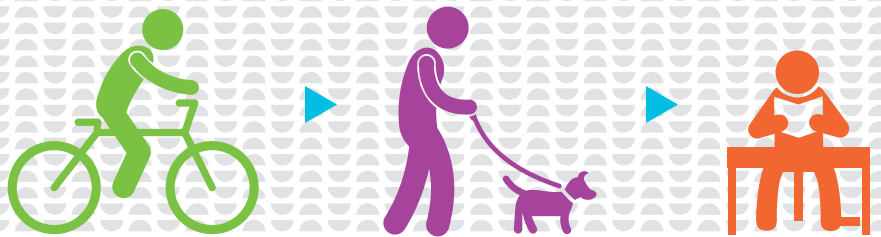
**8161 7044**

**Mental Health Triage**  
(over 16 years old)

**13 14 65**

**For all other emergencies**

**000**



A problem can sometimes be too hard to solve alone, and asking for help might feel scary at first, but it gets easier over time. Some people you can ask to help support you could be:

Family

Doctor

Partner

Teacher

Friends

Counsellor

Colleague

## Websites

**headspace**  
[headspace.org.au](http://headspace.org.au)

**Youth Beyond Blue**  
[youthbeyondblue.com](http://youthbeyondblue.com)

**The Black Dog Institute**  
[blackdoginstitute.org.au](http://blackdoginstitute.org.au)

**The Anxiety Network**  
[anxietynetwork.com](http://anxietynetwork.com)

**Reachout**  
[reachout.com.au](http://reachout.com.au)

## Contacts

**eheadspace**  
1800 650 890

**Lifeline**  
13 11 14

**Suicide Prevention Service**  
1800 859 585

**Kids Helpline**  
1800 55 1800

**Parent Helpline**  
1300 364 100

## Apps

Smiling Mind

Reach Out - Worry Time

Reach Out - Breathe

Buddhify

Live Happy

Self Esteem Blackboard

Optimism

Depression CBT Self Help



For online and telephone support, you can call **1800 650 890** from 8.30am to midnight (SA time) any day of the week, or visit [eheadspace.org.au](http://eheadspace.org.au). There is also another service for parents and carers too; for more information about this service, you can call **1800 650 890**.