

Resources

Rotary

District eConnections

- General
 - Lifeline TEXT – 5 pm to 11 pm, 0477 131 114
 - LETSS – 5 Pm -11 pm, 1800 013 755
 - Telehealth – 1800 870 711

- To Assist Carers
 - Carers SA – 1800 242 636
 - Northern Carers – 8284 0388
 - Southern Carers – 8433 9555

- Substance Misuse
 - Uniting Communities New Roads – 8202 5690, Christies Beach, City & Smithfield
 - Sonder – 8209 0700, Playford and Pt Adelaide ONLY

- Children of Parents with Mental Illness
 - CoPMI – copmi.net.au

- Web
 - <https://mhfa.com.au/covid-19>
 - <https://www.beyondblue.org.au/>
 - <https://headtohealth.gov.au/>
 - <https://www.mycompass.org.au/>