

STRUGGLING WITH THE 'NEW NORMAL'? WANT SUPPORT BUT DON'T KNOW WHERE TO START?

We did the research for you

I want someone to listen who 'gets it'

1800 013 755

webchat also available see www.lets.org.au

Lived Experience Telephone Support Service

5pm - 11.30pm, every day

I want counselling, referrals to other services and follow up calls

SA Covid-19 Mental Health
Support Line

8am - 8pm, every day

1800 632 753

I want help, but English is my second language

(08) 8245 8110

ASKPEACE, Support for the CALD
Community

9am - 5pm, Mon - Fri

I am after a free daily phone call for myself or a loved one

Red Cross telecross REDi service

1800 188 071



I'm a carer, and things are getting tough

1800 422 737
(08) 8245 7196

Carers SA or
Uniting Care Wesley Bowden

BOTH 9am - 5pm, Mon to Fri



www.lelan.org.au