

# Limestone Coast Youth and Family Services & Covid 19 Helplines

Education Youth Service Delivery Initiative

## General hotlines for Covid 19 information and mental health/wellbeing support

### National Coronavirus Helpline National

1800 020 080      24 hours – 7 days a week

National Covid helpline with information about the coronavirus

### SA Covid-19 Information Line

1800 253 787      8.00am to 8.00pm 7 days a week

Available to South Australians and provides local information on COVID - 19 to the general public

### SA Covid-19 Relief Call Centre

1300 705 336

Provision of information and assistance with things such as personal hardship support, accommodation support for people unable to achieve self-quarantining and accommodation for emergency services personnel that are required to quarantine but unable to do so at home. Available to all South Australians and can provide general support and referrals to other services as needed – email: [housingrelief@sa.gov.au](mailto:housingrelief@sa.gov.au)

National Coronavirus Mental Wellbeing Support Service - Beyond Blue



# Youth and Family Services

Local Service



Immediate Contact

Service Information

Pangula





<p>Life Without Barriers 12+</p> 	<p>Phone: 08 8193 9400  AOD.Counsellor@lwb.org.au</p>	<p>For more information about any of our Alcohol and other Drugs services or to arrange an appointment, call us or email us.</p>
<p>Country Response Program 16+ years</p> 	<p>Yarrow Place  1800 817 421</p>	<p>Counselling service supporting victims &amp; survivors of sexual assault  New referrals please contact: 1800 817 421</p>