

Useful contacts

Alcohol and Drug Information Service (ADIS)

1300 13 1340

A 24-hr phone information, counselling and referral service staffed by professionals in the alcohol and other drug field. ADIS can provide information about how to access Drug and Alcohol Services SA prevention, intervention and treatment services. A wide range of information pamphlets and other resources is available.

BeyondBlue

1300 22 4636

A national organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

Counselling Online

www.counsellingonline.org.au or 1800 888 236
24-hr online AOD counselling and referral service for AOD users and others affected.

Drug & Alcohol Services SA (DASSA)

(08) 8274 3333

Offers a range of prevention, treatment, information, education and community-based services for all South Australians - www.dassa.sa.gov.au/

Kids Help Line (5 – 25 yrs)

1800 55 1800

Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 years old.

Lifeline

13 11 14

24-hr telephone counselling and/or crisis support.

Mens Line Australia

1300 789 978

24-hr telephone support, information and referral for men with family and relationship concerns.

National Cannabis Prevention and Information Centre

1800 30 40 50 (Cannabis Info and Helpline)

<http://ncpic.org.au/>

Offers a range of cannabis-related information and services.

Ozhelp

1300 694 357

A workplace based early intervention suicide prevention and social capacity building program.

SafeWork SA 'Help Centre'

1300 365 255

For general workplace queries including occupational health, safety and welfare and industrial relations in South Australia.

South Australian Construction and Other Industry Drug and Alcohol Program

0418 847 180

<http://www.birst.com.au/drug-alcohol-program.htm>

Offers a 2 hour drug and alcohol safety training program to trainees and apprentices.

Youth Safe

(02) 9809 4615

Peak body for 'preventing serious injury in young people' aged 15 to 25 years in NSW.

Youth Safe – Talking Safety

<http://www.talkingsafety.org/>

A self-assessment and training support tool for employers, supervisors and young workers.