

# ADELAIDE HILLS DIVISION OF GENERAL PRACTICE – GUIDE TO LOCAL SUPPORT SERVICES

## Support, Information & Education

### Counselling & Referral

### 24 Hour Emergencies

### Immediate Crisis

**Ambulance/Police/Fire 000**

**Lifeline 13 11 14**

**Crisis Care 13 16 11**

**Kids Help Line 1800 55 1800**

**Poisons Information 13 11 26**

**Rural and Remote 13 14 65**

**Mensline 1300 789 978**

Quitline  
13 78 48

Torrens Valley  
Community Centre  
8389 1711

Women's Health  
Line  
1300 882 880

Adelaide Hills  
Community  
Health Service  
8393 1833

Child Adolescent  
Mental Health  
Services  
8552 0600

Family Drug  
Support Service  
1300 368 186

Murray Bridge  
Police  
8535 6020

Mens Line  
1300 789 978

Gumeracha  
Hospital  
8209 9200

Legal Help Line  
1300 366 424

Drought Hotline  
180 2020

The Hut Community  
Centre  
8339 4400

GPs can provide  
Counselling advice  
& referrals

Youth Health  
Line  
1300 131 719

Gambling  
Helpline  
1800 060 757

Mt Barker  
Police  
8391 6199

Mt Barker  
Hospital  
8393 1777

Mt Pleasant Hospital  
8568 0000

Rural & Remote Mental  
Health Service  
13 14 65

Veteran & Families  
Counselling  
1800 011 046

Adelaide Hills  
Council  
8408 0400

Centrelink Drought  
Assistance  
13 23 16

Centrelink  
13 10 21

Small Business  
Helpline  
1300 360 306

Parent Helpline  
1300 364 100

Mt Barker Council  
8391 7200

Rural Financial  
Counselling Service  
1800 836 211

Womens Information  
Service  
1800 188158

Strengthening Family  
Relationships Counselling  
8557 9050

Commonwealth Respite &  
Carelink Centre  
1800 052 222

Rural Women's  
Counselling Service  
1800 182 098

Seniors Info  
Service  
1800 636 368

Alcohol & Drug  
Info Service  
1300 131 340

Mt Barker  
Family House  
8391 2747

Lifeline Mental  
Health Info Service  
1300 131 114

Counsellors &  
Psychologists  
(see Yellow Pages)

Beyond Blue  
Info Line  
1300 22 4636

The Adelaide Hills Division of General Practice offers assistance for communities affected by drought. For support, or just to talk, contact Dianne Cottrell.

Phone: 8406 7700



Enhancing Health,  
Supporting GPs