

When **you** need someone to **talk** to

On-Island Support —*face-to-face*

Mental Health Team	0457 506 006
KI Medical Clinic	8553 2037
Child Adolescent Mental Health Service	8326 1234
PsychMed (<i>fortnightly</i>)	7082 3624
Summit Health	8406 7715
Island Psychological Strategies	0492 917 938
Sue Priest and Associates	spandassoc@gmail.com

Off-Island Support —*telephone/internet*

Regional Access	1300 032 186
Get up to three 30 minute sessions with the same counsellor	
Mensline	1300 789 978
Beyondblue	1300 224 636
Mental Health Crisis Service	13 14 65
Lifeline	13 11 14
Lifeline Text	0477 13 11 14
Suicide Call Back Service	1300 659 467
Road Trauma Support Team	1800 069 528
Kids Helpline	1800 551 800
Headspace (12-24yrs)	www.headspace.org.au

