



Listed below is a list of support services, that deal with many types of support including trauma.

We encourage any members who require support to reach out to one of the below agencies:

- Headspace Ph: 1800 650 890 or <https://headspace.org.au/>
- Griefline – 1300 845 745 (8am-8pm AEST) or <https://griefline.org.au/>
- Lifeline – 13 11 14 or [www.lifeline.org.au/](http://www.lifeline.org.au/)
- Beyond Blue – 1300 224 636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Mensline Australia – 1300 789 978 or <https://mensline.org.au>
- Kids Helpline – 1800 551 800 or <https://kidshelpline.com.au>
  
- SA Regional Access – 1300 032 186 or <https://saregionalaccess.org.au/>