

Support organisations that may be able to assist you if you experience any distress during the “Refugee women and work: pathways to employment for social inclusion and health and well-being” project

1. Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS)

The Migrant Health Service can help with mental health needs in person.

Phone: 8206 8900

Address: 81 Angas Street Adelaide

2. Migrant Health Service

The Migrant Health Service can help with mental health needs in person.

Phone: 8237 3900

Address: 21 Market Street Adelaide

3. Lifeline

Lifeline is a telephone support service, so you can talk with someone on the telephone if you are feeling distressed or upset.

Phone: 13 11 14

Website: <https://www.lifeline.org.au/>

NOTE: If you cannot speak English well, or feel more comfortable speaking in another language, please call the Translating and Interpreting Service on 13 14 50 and ask them to call Lifeline for you on 13 11 14.

4. Assistance and Crisis Intervention Service

The assessment and crisis intervention service can help in a mental health emergency.

Phone: 13 14 65