

Adelaide PHN Adult mental health services (metro)

Tertiary (metro)

Commissioned service providers provide no cost services for low-income earners, or priority groups- perinatal, CALD, homelessness, LGBTIQ+, Aboriginal and Torres Strait Islanders, DV, children under 12 and headspace services for 12-25 years. Postcode-based service allocation for some services. Referrers need to identify main mental health problem to be treated, which eligibility criteria the client is referred under, and risk to self and others (risk dated no more than 6 weeks old). **Exclusions:** relationship counselling, moderate/severe intellectual disability or if client is eligible for psychological support under NDIS plan.

Providers are not able to provide medico-legal reports, or psychiatry assessment.

(IAR-DST level 5)-can be accessed through MHT phone ☎13 14 65, Healthlink, hospital Emergency departments, ambulance or police wellbeing check

Low intensity IAR-DST level 1	Mild-mod intensity (IAR-DST level 2)	Moderate Intensity (IAR-DST level 3)	High Intensity (IAR-DST level 4)
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<p>Online/phone Self-help Head to Health website- resources, online programs, online forums and phone services and digital information for all ages. www.HeadToHealth.gov.au</p>	<p>Low intensity: (Phone or in person structured therapy)- self refer/ GP letter.</p> <ul style="list-style-type: none"> North/Western suburbs: Sonder Focussed Minds (14 years to older persons). ☎8209 0700 Central/Southern suburbs: Links to wellbeing Low intensity (16 years to older persons)- ☎8326 3591 <p>LTWB Central catchment temporary CLOSURE (except for SPS and Shared Care)</p>	<p>Psychological Therapy Providers: total of 6+ 6 sessions per year, second set on GP review.</p> <ul style="list-style-type: none"> North/Western suburbs: Sonder Adult Wellbeing (14 years to older persons). ☎8209 0700, Need MHCP or IAR-DST, or can have 3 provisional sessions with GP letter or provisional referral form. Central/Southern suburbs: Links to wellbeing Psychological Therapies (16 years to older persons)- ☎8326 3591 includes perinatal - internally triaged to this program. Need MHCP or IAR-DST or can have 3 provisional sessions with GP letter or provisional referral form. - LTWB Central catchment temporary CLOSURE (except for SPS and Shared Care) 	<p>Clients need to want to engage and be well enough to have fortnightly appointments, if needing more frequent monitoring or intervention, step up to tertiary. Severe mental illness Tier 3 diagnoses: psychotic disorders, PD, BPAD, OCD, severe depression, severe anxiety, severe eating disorder.</p>		
			<p>Shared care with GP (& severe-some central suburbs)</p> <p>Psych therapy and case management for up to 2 years. Need Tier 3 diagnosis and MHCP.</p> <p>North/Western suburbs: Sonder ☎8209 0700</p> <ul style="list-style-type: none"> Shared Care with GP (16-65)- MHCP and tier 3 diagnosis <p>Central/Southern suburbs: Links to wellbeing ☎8326 3591</p> <p>LTWB Central catchment temporary CLOSURE (except for SPS and Shared Care)</p>	<p>Clinical case coordination (CCC)</p> <p>SANE: phone case coordination- for severe mental illness, ☎1800 187 263, can self-refer</p> <p>North/Western suburbs: Sonder ☎8209 0700, Clinical Care coordination (18+) for 3 months. Need MHCP and Tier 3 diagnosis.</p> <p>Central/Southern suburbs: Links to wellbeing ☎8326 359: Clinical Care coordination (18+) for 3 months Need MHCP and Tier 3 diagnosis.</p> <p>LTWB Central catchment temporary CLOSURE (except for SPS and Shared Care)</p>	<p>Psychosocial support</p> <p>Neami National- Wellness connect- psychosocial support- 18-64 years. (Not eligible if on NDIS) can self-refer. ☎1300 358 220</p> <p>Groups for severe mental illness</p> <p>North/Western suburbs: Sonder Maternal/infant DBT (MiDBT (18+)- group</p> <p>Central/Southern suburbs: Links to wellbeing ☎8326 3591, (MiDBT) (16+)- only open to clients having therapy at LTWB- email notification of referral to</p> <p>LTWB Central catchment temporary CLOSURE (except for SPS and Shared Care)</p>

Mental Health Triage (MHT): ☎13 14 65- phone triage service, main entry point to tertiary services for 16 years and over.

Statewide Eating disorders: ☎7117 8800
<https://www.sahealth.sa.gov.au/wps/wcm/connect/public/content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/eating+disorder+service/statewide+eating+disorder+service>

<ul style="list-style-type: none"> Perinatal Cultural and Linguistically divers (CALD) Aboriginal and Torres Strait Islanders Suicide prevention services Gender wellbeing (only for gender specific therapy) Intellectual Disability Services 	<p>Thorne Harbour- LGBTQIA+ specialist health service provider – peer support, brief intervention, clinical care coordination, counselling and structured psychological therapies- main mental health problem must be gender related (16+) 57 Hyde St Adelaide and 51 Bower Street Woodville 7087 412 or mhsa@thorneharbour.org</p>	<p>Perinatal Lives Lived Well Northern suburbs Lives Lived Well Salisbury and Playford council catchment. Lives Lived Well ☎1300 727 957</p> <p>Perinatal: Links To Wellbeing Psychological Therapies Southern catchment area ☎8326 3591- includes perinatal referrals- internally triaged- (16+ and pregnant/ baby under 2 years, with mild/moderate perinatal anxiety/depression. Need MHCP or IAR-DST</p>	<p>Nunkuwarrin Yunti (Aboriginal and Torres Strait Islanders): Psych therapy (16+) Can self refer, need MHCP after 5 sessions. Located in the city, Elizabeth and Christie Downs. ☎8406 1600</p> <p>The ACT Centre (Aboriginal and Torres Strait Islanders): (Stepney and Prospect): Psych therapy (12+) ☎8363 1963 - CLOSED (at capacity)</p>	<p>The ACT Centre – (Aboriginal and Torres Strait Islanders) severe mental illness- individual therapy, AOD and groups (12+). Located at Stepney and Prospect. - CLOSED (at capacity)</p> <p>Aboriginal Community Connect- AOD service, including case management, residential rehabilitation, based in Prospect ☎8344 6054</p> <p>STTARS - Supporting Survivors of Torture and Trauma ☎8206 8900 81 Angas Street Adelaide **Additional northern office to be established 2023. A focus on new arrivals/refugees/asylum seekers No geographic restrictions covers Adelaide metropolitan area. 18 years + Open Monday – Friday 9 – 5 pm Not an emergency service</p> <p>Providing low intensity services assisted by bilingual workers offering therapy, practical support, information and service navigation. Funded for 2.8 FTE Clinical care coordination 0.6 FTE</p> <p>https://www.stars.org.au/</p>	<p>Walk-in crisis support- no appointment needed</p> <ul style="list-style-type: none"> Urgent Mental Health Care centre- 24/7: 16+ & MH main problem & living in metro Adelaide at 215 Grenfell St, Adelaide ☎8448 9100 North: Sonder Walk in AH MH service- open 1700-2100 M-F (16+) PH: 8209 0711 (2 Peachey Rd Ed North South/central: Links to wellbeing Walk in MH service-1700-2200 Monday-Friday Lived experience Telephone support service (LETTS)- non-clinical support by peer-workers for anyone seeking help with distress-online chat, phone 1700-2330- 365 days/year
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PANDA Secondary Consultations to Health Professionals ☎ (03) 9926 9018

SA Perinatal Advice Line: telephone ☎137 827. 24/7 for urgent or emergency care of perinatal patients.

SA Intellectual Disability Health Service (SAIDHS)
Specialised health service which provides medical and mental health assessment and consultation for adults with intellectual disability and complex needs.
Referrals must be received from clients own GP/medical specialist. Self-referrals considered if there is no access to GP.
☎8257 7300
healthsaidhs@sa.gov.au
Located at Ingle Farm Recreation Centre

<p>Alcohol and Other drugs- (see child/youth section for young person specific services)</p>	<p>Offenders Aid and Rehab (OARS): 18+ AOD counselling post prison and assistance with housing ☎8218 0700 Monday – Friday</p>	<p>Mission Australia (and Sonder)- Partners towards wellbeing (mild- moderate mental illness and AOD concerns). metro wide. ☎8417 8100 Referral form: https://forms.office.com/r/kqEu5CbVLN</p>	<p>Nunkuwarrin Yunti (Aboriginal and Torres Strait Islanders - Harm minimisation team/ AOD counsellor- metro Adelaide. https://nunku.org.au/our-services/social-emotional/drug-alcohol-support/ ☎8406 1600</p>	<p>Psychmed: Matrix program- for clients with mod-high meth concerns, can self refer. Various locations ☎8232 3333</p>	<p style="text-align: center;">Useful numbers/tools</p> <p>Standard drinks calculator: https://drinkwise.org.au/standard-drinks-calculator/# CAGE: https://americanaddictioncenters.org/alcoholism-treatment/cage-questionnaire-assessment Audit: https://auditscreen.org/</p>
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DASSA ☎1300 131 340
Drug and alcohol clinical advisory service:
☎7087 1742 from 0830 to 2200 every day.

Older Persons Mental health (metro)- (aged 65 years+, or 50+ for Aboriginal and Torres Strait Islander persons)

<ul style="list-style-type: none"> Residential aged care (not retirement village) Psych therapy for older persons Older persons-tertiary 	<p>Residential aged care: RASA-</p> <p>Supporting emotional wellness in aged care. In-reach counselling service for Mild-moderate (IAR-DST level 2-3)</p> <p>1800 000 739</p>	<p>Residential aged care: RASA-</p> <p>Supporting emotional wellness in aged care. In-reach counselling service for Mild-moderate (IAR-DST level 2-3)</p> <p>Psychological Therapy Providers: clients need to be able to attend the service and have no more than mild cognitive impairment.</p> <ul style="list-style-type: none"> North/Western suburbs: Sonder Adult Wellbeing (14 years to older persons) ☎8209 0700, Need MHCP or IAR-DST, and can have 3 provisional sessions with GP letter. Central/Southern suburbs: Links to wellbeing Psychological Therapies (16 years to older persons)- ☎8326 3591. Need MHCP or IAR-DST and can have 3 provisional sessions with GP letter. CLOSED to referrals as of 13/6 	<p>Residential Aged Care RASA</p> <p>Severe mental illness – in-reach to residential aged care</p> <p>Metro-wide excludes dementia</p> <p>☎1800 000 739</p>	<p>Older Persons MH services:</p> <p>https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/service/s/mental+health+and+drug+and+alcohol+services/mental+health+services/older+persons+mental+health+services</p> <ul style="list-style-type: none"> Eastern team 367a Magill Rd, St Morris Telephone: (08) 7425-6400 Northern team 116 Reservoir Rd, Modbury 5092 Telephone: (08) 7425 6300 Southern team Springbank House Block C, Repat Health Precinct, 216 Daws Road, Daw Park Telephone: (08) 7117 5037 Western team 308 Grange Road, Kidman Park Telephone: (08) 8426 0600
Useful Older Persons Contacts/websites (not PHN funded)				
<p>Dementia Australia ☎ 1800 100 500 24/7, Adelaide office- ☎ 8372 2100</p> <p>Dementia Behaviour Management Advisory Services: When changed behaviours start to impact the care of a person living with dementia, or their carers, providing on the ground support, clinical advice and more. ☎1800 699 799- 24/7 phone support, https://www.dementia.com.au/contact/referral</p> <p>Dementia Support Australia ☎ 1800 699 799, or visit dementia.com.au https://www.dementia.org.au/support/counselling</p> <p>My aged care portal: https://www.myagedcare.gov.au/</p>				

Adelaide PHN child and youth mental health services (metro)

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Low intensity IAR-DST level 1	Mild-mod intensity (IAR-DST level 2)	Moderate Intensity (IAR-DST level 3)	High Intensity (IAR-DST level 4)	Tertiary (IAR-DST level 5)
<p>ehespace- 12-25 years, open 9am-1am phone/webchat. ☎1800 650 890. Self-refer https://headsapce.org.au</p>	<p>Headspace primary platforms-various locations (see below) services for young people aged 12-25 years who want to attend, with mild-moderate mental health concerns and low risk to self and others (IAR-DST levels 2-3). Also have some AOD, physical health, peer support and study/employment support.</p> <p>Need MCHP and GP letter for private providers</p> <p>Can self refer</p> <p>Need MHCP/IAR-DST for salaried staff.</p>	<p>Complex Youth – Youth Enhanced Service (YES) Eligibility 12 – 25.</p> <p>Living in Playford, Salisbury, Marion, Onkaparinga, Port Adelaide Enfield or Adelaide CBD. Severe mental health symptoms can manage moderate risk in context of a primary mental health service. Functional impairment in at least two areas of their life.</p> <p>Exclusion criteria IAR score of Severe 5 Young people with a primary presentation of neuro-developmental disorder unaccompanied by a complex MH presentation.</p>	<p>Mental Health Triage (MHT): 16 years + accessed through ☎13 14 65, Healthlink, Emergency Departments, ambulance or SAPOL wellbeing check</p> <p>CAMHS connect: ☎8161 9665 (0-16) most regions. Prefer GP referral.</p>	

	<ul style="list-style-type: none"> • Sonder headspace Edinburgh North ☎ 8209 0700 – CLOSED TO REFERRALS as of 9/6 to be reviewed in one month • Sonder headspace Onkaparinga ☎ 8186 8600 (Outer South) • Sonder headspace Marion ☎ 8490 7700 (Inner South) • Sonder headspace Adelaide ☎ 1800 063 267 (in city, no step-up service available)-(city) • Centacare headspace-Port Adelaide ☎ 8215 6340 (outer Western suburbs) <p>Inside Out Institute – Eating Disorders Headspace clinicians able to refer clients to e-therapy supported self- help brief 4 session CBT intervention (Inside Out clinicians provide online support)</p>	<p>Young person with a primary presentation of AOD, open to CAMHS, Headspace Early Psychosis, community mental health team.</p> <p>Headspace Adelaide Early psychosis program: metro-wide service for young people aged 12-25 with either ultra-high risk of psychosis/ or psychotic symptoms, 7 day/week service, rapid intake, includes assertive management, multi-disciplinary team. Can refer by MHCP, online referral form. Exclusions: psychotic episode with more than 12 months treatment including consistent anti-psychotic medication, or currently open to tertiary mental health team ☎ 0475 989 619 to discuss potential referrals, https://headspace.org.au/services/early-psychosis/headspace-early-psychosis/</p>	<p>Urgent Mental Health Care centre- 24/7: 16 years+ & MH main problem & living in metro Adelaide 215 Grenfell St ☎ 8448 9100</p>	
<p>kids helpline (5-25 yrs- ☎1800 551 800 (24/7) Parent helpline: 24/7 ☎1300 364 100</p>	<p>Lives Lived Well Salisbury and Playford catchment area. Low intensity, psychological therapies and clinical care coordination approximately 3.2 FTE</p>	<p>Northern postcodes: Lives Lived Well ☎1300 727 957 (0-11 years) Western postcodes: Sonder ☎8209 0700 Family wellbeing (child/family psychological therapies (5-11 years) MHCP or IAR-DST</p>	<p>Child/young person/parents- non-CSP useful services/websites</p> <ul style="list-style-type: none"> • Baptist Family Wellbeing Service: 0-18 years, individual counselling/wrap around support, North and South locations, online referral form, https://baptistcaresa.org.au/service/mental-health/families ☎8118 5240 • Child Sexual assault: Relationships Australia- individual/ family/ group counselling for children and their families post child sexual assault at various locations. No cost. ☎ 1800 408 408 • Young carers: ☎ 1800 242 636- https://www.carerssa.com.au/ • Reachout.com- online community, peer chat, information, support for parents and young people, https://au.reachout.com/ • Open Arms: veterans/ and their families- including children, parent can self-refer 24/7: ☎1800 011 046 • Child/ young person may be eligible for services under Parents Employment Assistance Provider (EAP) • School refusal: https://raisingchildren.net.au/school-age/school-learning/school-refusal/school-refusal • Parent helpline for support on ☎1300 364 100 • Raising children website- parenting help- https://raisingchildren.net.au/ • Bullying: https://bullyingnoway.gov.au/responding-to-bullying • Internet addiction: https://www.northshorekidspace.com.au/screen-and-gaming-disorder-clinic 	<p>Women’s and Children’s Hospital Emergency Department (WCH ED): mental health team: ☎8161 7000 and page</p>
<p>Triple-Parenting- 8 modules of online support for parents/carers of children under 12 (no cost) Fear-less Triple P- 6 modules of online- for parents/carers of children 6+ with anxiety symptoms (no cost) https://www.triplep-parenting.net.au/</p>	<p>Young person AOD: Mission Australia Drug and alcohol youth outreach- 10-25 years, for mild-moderate AOD problems various locations across metro area. can self-refer, or refer by https://forms.office.com/r/kwuP6qqTEh</p> <p>Street-link Youth Health Services- youth health with AOD concerns for young people 10-25 and their families. ☎ 8202 5950</p>		<p>CAMHS forensic services: Program offers counselling for offenders of rape, sexual abuse and violence. 0-18 years, based at Enfield. ☎7117 3800</p>	

Useful contact numbers/websites- non CSPs

<p>Emergency numbers:</p> <ul style="list-style-type: none"> • Ambulance/ police emergency: 000 • SA Police 131 444 • Child Abuse report line (CARL) report (13 14 78- can register for online report- www.reportchildabuse.families.sa.gov.au <p>SAPOL Firearm report: https://www.police.sa.gov.au/services-and-events/firearms-and-weapons/notification-to-the-registrar</p>	<p>Relationship counselling:</p> <ul style="list-style-type: none"> • Relationships South Australia (RASA): sliding scale cost ☎ 1300 364 277 <p>Family counselling:</p> <ul style="list-style-type: none"> • Anglicare SA: https://anglicaresa.com.au/children-families/relationships/family-relationship-support/ • Centacare: https://centacare.org.au/service/counselling-family-relationship-program/ 	<p>Specialty CBT centres for anxiety and depression:</p> <ul style="list-style-type: none"> • Centre for Anxiety and Related Disorders (CARD)- SA health. No cost. clients aged 18-65 years living in Southern suburbs, individual CBT. Website has eligibility criteria & exclusions. ☎8204 4779 • Centre for Treatment of Anxiety and Depression (CTAD)- SA health, based at Thebarton, for clients aged 16-65 living in CALHN (central and Western suburbs); for individual CBT and Mindfulness groups, no cost, website has specific eligibility criteria & exclusions and online referral form. ☎8222 8100 	<p>Interpreting and Translating Centre (ITC) Government of South Australia ☎1800 280 203 Available Monday to Friday, 0800-1800. W: translate.sa.gov.au Email: itc@sa.gov.au</p>
<p>Sleep- insomnia management kit- SA health https://www.sahealth.sa.gov.au/wps/wcm/connect/public/content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/drug+and+alcohol+services/for+health+professionals+dassa/sleep+problems+-+insomnia+management+kit</p> <p>Stop bang questionnaire for Obstructive sleep apnoea: https://www.sleepservices.com.au/stop-bang-questionnaire/</p>			<p>GP psychiatry advice: ☎ 1800 161 718 -open from 0830-1630 M-F. GP’s need to register first time.</p> <p>Safety Planning tool: https://stayingssafe.net/safetyplan</p>

<p>Domestic violence (DV) services:</p> <ul style="list-style-type: none"> DV crisis line: ☎ 1800 800 098 1800 RESPECT: DV line ☎ 1800 737 732, 24/7 DV support Cedar Health Service: for people aged 16+ affected by abusive and unsafe behaviour from a partner or ex-partner. please call us Monday-Friday 9am-5pm. can arrange referrals to other services as needed. ☎ 8444 0700 <p>PERINATAL</p> <p>PANDA- phone case coordination for moderate- severe mental illness, for parents with infants under 1 year or pregnant. ☎ (03) 9926 9018</p> <p>PANDA helpline- perinatal phone support - ☎ 1300 726 306, M-F 0830-1900</p>	<p>Homelessness and Tenancy services:</p> <p>Homelessness Connect SA: ☎ 1800 003 308</p> <p>SA gov- housing website: https://www.sa.gov.au/topics/housing/emergency-shelter-and-homelessness/homelessness-service-providers</p> <p>Consumer Business Services: https://www.cbs.sa.gov.au information on a range of consumer services including tenancies Mon – Friday 131 882</p> <p>RentRight SA (formerly Tenancy and Information Advisory Service): free independent services Mon – Fri 8 – 8 pm 1800 060 462 www.syc.net.au/rentrightsa</p>	<p>OPEN ARMS Veterans and their families 24/7 1800 011 046 (only need to have served for 1 day in Australian armed forces). Includes counselling, clinical case management, peer work, can have multiple episodes of care. Rapid intake process. No psychiatry- but can potentially fund private psychiatry assessment- only during Open Arms episode.</p> <p>Children and Youth In-School Psychology – 1300 884 340 Private service as well as some bulk billing services for supporting children with MH issues and needing collaborative care with school/psychologist/child/youth/parent's/carer's. Linked to individual not all metro wide schools. Phone to obtain further details.</p> <p>Eating Disorders Butterfly Foundation 1800 33 4673 8 am – midnight 7 days per week counselling.</p>	<p>Physical Health support:</p> <ul style="list-style-type: none"> Lifestyle change coaching: https://www.gethealthy.sa.gov.au/ Quit smoking: www.quitsa.org.au, ☎ 13 78 48 Cancer counselling: for people affected by cancer, face-to-face at Eastwood, telehealth or phone counselling ☎ 131120 COVID-19 Information Line- 9am to 5pm daily on ☎ 1800 253 787
<p>Sexual assault counselling:</p> <ul style="list-style-type: none"> 16 years and over: Yarrow place (sexual assault 16 years+): ☎ 8226 8777 Any age: individual, group and family counselling, various locations, no cost, https://www.rasa.org.au/services/couples-families/child-sexual-abuse-counselling/ or ☎ 1800 408 408 Relationships Australia- individual/ family/ group counselling for children and their families post child sexual assault at various locations. No cost. ☎ 1800 408 408 	<p>General phone counselling/support</p> <p>Beyond Blue: ☎ 1300 657 380 (24/7) Lifeline: ☎ 13 11 14 (24/7 crisis line)</p> <p>Grief and loss: Grief and loss support: Monday to Friday 9-5 ☎ 8131 3400</p>	<p>Men's counselling/support</p> <ul style="list-style-type: none"> Mensline Australia: 24/7- ☎ 1300 789 978 	<p>Women's service finder: https://officeforwomen.sa.gov.au/womens-information-service</p> <p>NDIS:</p> <ul style="list-style-type: none"> https://www.ndis.gov.au/applying-access-ndis/how-apply https://www.ndis.gov.au/applying-access-ndis/how-apply/get-help-applying
<p>Gambling:</p> <ul style="list-style-type: none"> Gambling helpline ☎ 1800 858 858 Statewide gambling therapy service (SA health)- no cost, can self refer, North and South locations, individual therapy, potentially inpatient treatment: https://sagamblingtherapy.com.au/ <p>Financial counsellor helpline: ☎ 1800 025 539</p>	<p>Post prison:</p> <ul style="list-style-type: none"> OARS- post prison AOD & brief support ☎ 08 8218 0700 Clients may be eligible for psych therapy at Sonder or Links to wellbeing (post code based), client needs to want to attend and engage- staff can only provide attendance certificates, no reports 	<p>Carers:</p> <ul style="list-style-type: none"> Carers SA: individual counselling, crisis support and planning help, education, potential care packages, peer support, young carers ☎ 1800 242 636, https://www.carerssa.com.au/ Carer Gateway: no cost counselling 8am-6pm weekdays, ☎ 1800 422 737, https://counselling.carergateway.gov.au/s/ Carer allowance (not income tested): https://www.servicesaustralia.gov.au/carers-allowance Carer pension: https://www.servicesaustralia.gov.au/carers-payment 	<p>No cost and low-cost counselling:</p> <ul style="list-style-type: none"> Someone.health- need MHCP, no cost telehealth psychology, 7 days/week, https://someone.health/ Mind spot: free mental health assessment, treatment, support online- ☎ 1800 614 434, https://www.mindspot.org.au/ My Mirror- need MHCP, low-cost telehealth psychology, can fill in bulk billing from on website if low income or priority group, open 7 days/week, https://www.mymirror.com.au/ Centacare: https://centacare.org.au/who-we-help/men/ Uniting Communities: https://unitingsa.com.au/community-services/children-and-families/men-and-families/ Anglicare: https://anglicare.com.au Relationships Australia: https://relationships.org.au
<p>Victims of a Motor Vehicle Accident:</p> <ul style="list-style-type: none"> Life Time Support Authority: https://www.lifetimesupport.sa.gov.au which provides planned and funded person-centred treatment, care and support services for people who are very seriously injured in a motor vehicle accident in SA. 1300 880 849 9 – 5 pm Mon – Friday 			