**WHAT TO DO IF YOU OR SOMEONE YOU KNOW IS HAVING SUICIDAL THOUGHTS**

- Talk to someone you trust – you don’t have to go through this alone. Tell them how you feel – and that you are thinking of suicide. Ask them to help you keep safe.
- If you are helping someone else, then don’t be afraid to ASK about suicide.
- Get help and support to stay alive – contact a helpline, your GP, a counsellor, psychologist or psychiatrist, a hospital emergency department, minister, teacher or anyone you trust to keep you safe.
- Call Mental Health Triage 131 465
- If your life is in danger – call emergency services 000

**HOW TO REFER TO YOUTH SERVICES**

Referrals can be made via mental health triage 13 14 65.

We accept referrals from:
- Young people
- Families and carers
- Schools
- Medical or other health professionals including:
  - GP’s
  - Care Coordinators
  - Private providers (including psychiatrists, psychologists, and other mental health clinicians)
  - Non-government service providers

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**YOUTH MENTAL HEALTH SERVICE**

**GROW STRONG.**

For more information or referrals to the Youth Mental Health Service contact Mental Health Triage on 13 14 65

**OTHER HEALTH SERVICES WHICH YOUTH CAN ACCESS IN THE SOUTHERN AREA:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAMHS (Marion)</td>
<td>(08) 7425 8600</td>
</tr>
<tr>
<td>CAMHS (Onkaparinga)</td>
<td>(08) 8326 1234</td>
</tr>
<tr>
<td>Headspace Noarlunga</td>
<td>(08) 8384 9284</td>
</tr>
<tr>
<td>Mental Illness Fellowship South Australia (MIFSA)</td>
<td>(08) 8322 0140</td>
</tr>
</tbody>
</table>

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If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.

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WHAT WE DO:

We are a Youth Mental Health Team working with young people 16 – 25 years. We see people whose symptoms are causing them significant psychological distress or are putting them at risk of self harm. We work with the young person, with their families and other support people. We can provide support and advice to other health professionals and service providers who are helping the young person.

The youth service aims to work with young people in a way that they find respectful and which they can relate to. This is important to us and we are happy to receive feedback about how to do it better.

THE TEAM

Our team members are experienced mental health workers who have chosen to work with youth. They include psychiatrists, psychologists, mental health nurses, social workers and occupational therapists. They cover the south of Adelaide and are based at GP Plus Marion and Noarlunga and work together with the Mental Health Teams based at those locations.

What happens if you or someone you care about is having a mental health crisis?

Initial impression of the situation (Assessment) followed by a plan

• We will respond as quickly as possible - the team will get back to you within 48 hours if possible
• Team members will meet with you and talk with you
• They will arrange a psychiatrist appointment if needed
• The help and information will be provided in a youth-friendly way and we can be flexible about how and where we see you
• Team members will provide a range of services depending on what you need and what you would like to work on. This may include 1:1 support and counselling, family therapy, group programs or medication support. We may also help young people to access other services; such as housing support, job assistance programs, educational opportunities and drug and alcohol services.

Working with other Service providers

• The team will work with your existing supports and help you to forge new ones if you need to.

Peer Support Programs

• The AMIGO’s peer support program is aimed at young people who have recently experienced mental health issues and may benefit from youth support and encouragement. This program focuses on socialisation, self-empowerment, confidence, support, leadership and promotion of recovery through a supportive activity based culture of peer support.

Giving Information

• The team will ensure that you and your family/support people are given relevant information in a clear and timely way
• The information we give you about mental health issues and treatments will be the best and most helpful we have available

IF YOU REQUIRE URGENT SUPPORT

If you don’t feel safe and require urgent support please contact Mental Health Triage on 131 465.