

Adolescent Health Services

Welcome to the Southern Adelaide Health Network. This information sheet aims to answer any questions you may have about services available in the community for teenagers / youth. SA Health provides a diverse range of youth services and programmes. Below is a list of some of the services available and how to access them.

After Hours Crisis Advice

You can contact the WCH Emergency Department via switchboard on 81617000 and ask for the after hours mental health Clinician or call 000

Youth Health Service

The Youth Health Service is a free, confidential health service for young people aged between 12 and 25.

Our services can assist you if you are experiencing health and wellbeing issues and are:

- Under the Guardianship of the Minister (or previously have been)
- Aboriginal
- Pregnant or parenting (under 20 years)
- Are of have been in Adelaide Youth Training Centre
- A recently arrived refugee
- same sex attracted and/or gender diverse (under 18 years)
- Homeless.

For further information regarding this service please visit www.youthhealthservice.com.au

Aboriginal Health

SA Health is committed to improving the health outcomes of Aboriginal people in South Australia.

Aboriginal people experience poorer health and greater exposure to risk factors than other South Australians.

SA Health is working to address this inequality by ensuring SA Health services are responsive to the needs of Aboriginal people. Our health services work together with local communities and offer a range of services such as:

- health screening tests
- chronic disease management
- illness prevention
- counselling
- healthy lifestyle advice
- adult and child health checks health care plans
- Referrals.

SA Health has a range of Aboriginal-specific services across the State as well as community health services, such as GP Plus centres. There are also Aboriginal Community Controlled Health Services across regional South Australia and in Adelaide.

www.sahealth.sa.gov.au/aboriginal_health

Find a health or community service

To find an Aboriginal health, community service, general practice, hospital, or any other health service, please visit the National Health Services Directory and search for your location and category.

Beyond Blue

Going through tough times?

Stress, anxiety and feeling down can affect anyone, and in fact happens to a lot of us at some point in our lives.

We all have good days and bad days. However, if you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then it's important to find out **what's going on** and **what you can do about it**.

Call 1300 224 636 (24 hours)

Chat online 3pm -12am

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a free community-based mental health service provided through SA Health's Women's and Children's Health Network. We provide mental health services to infants, children, adolescents and perinatal women. Services are provided across South Australia.

For further information please visit www.wch.sa.gov.au/camhs or alternatively ask your nurse or doctor for an information brochure outlining services and locations.

Adelaide Sexual health (formerly clinic 275)

Adelaide sexual health provides free confidential testing, diagnosis and treatment of all sexually transmitted infections including HIV/AIDS. A Medicare card is not required to access any of our services.

For further information regarding this service please visit www.sahealth.sa.gov.au or

Telephone: (08) 7117 2800

Fax: (08) 7117 2855

Address: 260 Currie St, Adelaide, 5000

Opening hours

Monday 9:15am - 4:30pm

Tuesday 11:15am - 6:30pm

Wednesday 11:15am - 6:30pm

Drug and Alcohol Services South Australia

Drug and Alcohol Services South Australia (DASSA) is a statewide health service that offers a range of prevention, treatment and education services for people with alcohol, and other drug issues.

There is a range of services available in South Australia for people who experience problems with alcohol and other drugs, which means there are many options for people with differing needs and treatment preferences.

For information about all alcohol and other drug treatment and support services in South Australia visit knowyouroptions.sa.gov.au. This is a new website that provides individuals, families and health professionals with a directory of services and information about treatment options and selecting a service.

Services and locations

A confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals.

TO CONTACT THE ALCOHOL AND DRUG INFORMATION
SERVICE (ADIS) CALL
1300 13 1340 (8.30 am to 10.00 pm every day).
Interstate callers can contact ADIS on (08) 7087 1743.

For more information about ADIS visit the Alcohol and Drug Information Service page.

Headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Information and services for young people, their families and friends as well as health professionals can be accessed through headspace. Headspace centres are located across metropolitan, regional and rural areas of Australia. They are built and designed with input from young people so they don't have the same look or feel as other clinical services. The centres are there to help people access health workers – whether it's a GP, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker or youth worker.

Services at a headspace centre are either free, or have a low cost. You can ask if there is a cost when you make your appointment. Some services require you to have a referral from a doctor; but don't worry headspace can help you with this as well.

For further information please visit www.headspace.org.au

Kids help line

Kids Helpline is Australia's only free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone **1800 55 1800**

You can talk about anything! Maybe something has happened at home or school and you're not sure what to do about it. You might be feeling sad, scared, angry, lonely, or just want to talk to somebody who understands.

Young people contact kids help line about all kinds of things including friendships and relationships, family issues, bullying and cyberbullying, school and study stress, gender identity, sexuality, mental health, feeling sad or upset, body issues, or because they're feeling unsafe.

There's no issue too big or too small that they can't support you with. They are there to help.

Life line

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals.

Life line: 13 11 14 is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile.

For further information go to www.lifeline.org.au

Quitting smoking

The Quit line can help you with all your questions about quitting smoking.

The website is a good place to start, you can chat online to a Quitline counsellor or phone them on 13 7848.

If you are Aboriginal or a Torres Strait Islander person who wants to quit smoking, the Quitline has Aboriginal counsellors available to support you.

SHine SA

SHine SA provides confidential information on sexual and reproductive health issues.

You can go to the Shine SA website or contact the Sexual Health line about any sexual health issue, including:

- contraception
- fertility issues
- period problems
- pregnancy options
- safer sex information
- sexual health checks
- sexual relationship problems
- sexually transmitted infections

Questions can be answered by an experienced sexual health nurse who can also refer individuals to other health services if ongoing support is required.

To see a doctor at SHINE SA, you will need a Medicare card. If you are 30 or under or a Health Care Card holder, you will be bulk-billed. If you are over 30, you will be required to pay for the consultation in full and claim the refundable amount from Medicare.

International students, travellers and people without Medicare cards are required to pay up-front and claim the costs of the consultation and consumables from their private health insurance. SA Pathology will directly bill people without Medicare cards. (Hardship consideration applies)

For further information please visit www.shinesa.org.au or alternatively call the sexual health hotline 1300 883 793 or toll free 1800 188 171 (country callers only)

An interpreter can be arranged free of charge if required.

Open from 9:00 am – 12:30 pm Monday – Friday

For more information

Flinders Women and Children
Flinders Medical Centre
Bedford Park SA 5042
Telephone: 08 8204 5511



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