



Useful Contacts and Resources

BPD Services and Information

BPD Collaborative	(08) 7425 6500 www.sahealth.sa.gov.au/BPDCo
BPDSA (SA BPD services portal)	http://bpdsa.com.au/
Project Air Strategy (NSW)	https://www.projectairstrategy.org
Spectrum (VIC)	https://www.spectrumbpd.com.au
Australian BPD Foundation	https://bpdfoundation.org.au
BPD Awareness Week	https://www.bpdawareness.com.au/
Your Health in Mind (Royal Australian & NZ College of Psychiatrists) BPD Factsheet	https://www.yourhealthinmind.org/mental-illnesses-disorders/bpd
Sanctuary BPD Carers Support Group	https://bpd-carers-sanctuary.org/
Family Connections Program (NEABPD-Australia)	https://www.bpdaustralia.org

24/7 Phone Crisis and Counselling Services

Police/Fire/Ambulance	000
Police (non-emergency)	13 14 44
Mental Health Triage	13 14 65
Lifeline	13 11 14 Online crisis support chat: https://www.lifeline.org.au
Suicide Call Back Service	1300 659 467 Online or video chat: https://www.suicidecallbackservice.org.au
Kids Helpline <i>Confidential counselling for people 5-25yrs</i>	1800 551 800 Online or email chat: https://kidshelpline.com.au/
1800RESPECT <i>Domestic, family & sexual violence counselling</i>	1800 737 732
Beyond Blue <i>Depression, anxiety, mental health issues</i>	1300 224 636 Online, email or forum support: https://www.beyondblue.org.au/
Gambling Helpline	1800 858 858 https://www.gamblinghelponline.org.au/
MensLine Australia	1300 789 978

Open Arms <i>Veterans and Families Counselling</i>	1800 011 046 https://www.openarms.gov.au/
Parent Helpline SA	1300 364 100
Yarrow Place <i>SA Rape and Sexual Assault Service</i>	8226 8777 1800 817 421

Information and Referral Hotlines

Alcohol and Drug Information Service	1300 131 340
Blue Knot Helpline <i>Counselling for survivors of childhood trauma, parents, partners, family and friends</i>	1300 657 380 https://www.blueknot.org.au/
Butterfly Foundation (8am-midnight/7 days) <i>Eating Disorder and Body Image Issues Support</i>	1800 33 4673 Online and email support: https://thebutterflyfoundation.org.au/our-services/helpline/
Child Abuse Report Line	13 14 78
Child Adolescent Mental Health Services (CAMHS Connect)	1300 222 647
Domestic Violence & Aboriginal Family Violence Gateway Services	1800 800 098
eheadspace (9am-1am AEST/AEDT, 7 days) <i>Youth 12 to 25 years</i> <i>Online, email or forum support</i>	1800 650 890 https://headspace.org.au/eheadspace/connect-with-a-clinician/
Health Direct Australia <i>24 hour health advice</i>	1800 022 222 https://www.healthdirect.gov.au/
Homelessness Gateway	1800 003 308
Legal Services Commission of SA	1300 366 424
QLife <i>LGBTI peer support and referral for people</i>	1800 184 527 https://qlife.org.au/
SA Health Mental Health Services	https://www.sahealth.sa.gov.au <i>(select 'Mental Health Services')</i>
SANE <i>Supporting complex mental illness</i>	1800 187 263 https://www.sane.org/get-support/
Women's Information Service	(08) 8303 3590

Mental Health Support Services - After Hours / Peer-led

<p>Lived Experience Telephone Support Service (LETSS) <i>Mental Health Peer Support & web chat. 16yrs+ 5:00pm-11:30pm everyday</i></p>	<p>1800 013 755 https://www.letss.org.au/</p>
<p>Urgent Mental Health Care Centre (UMHCC) <i>24/7 walk-in after-hours mental health service peer led alternative to hospital ED. 16yrs+</i></p>	<p>215 Grenfell St, Adelaide SA (08) 8448 9100 https://www.neaminational.org.au/find-services/umhcc/</p>
<p>Northern Adelaide Medicare Mental Health <i>Walk-in after-hrs mental health service. 16yrs+ M-F 8:30am-9pm Sat, Sun, Public Hols 12noon-6:30pm</i></p>	<p>23 Gillingham Rd, Elizabeth SA 1800 565 774 https://sonder.net.au/programs/headtohealth/</p>
<p>Safe Haven Café (Sonder) <i>Walk-in after-hrs mental health service. 16yrs+ Tu-Fri 5-9pm (peer led)</i></p>	<p>7 John St, Salisbury SA (08) 8209 0700 https://sonder.net.au/programs/safe-haven/</p>
<p>Southern Adelaide Wellbeing Hub (Neami) <i>After-hours mental health service. 16+ M,Tu,Fri (By appt) 8:30am-5pm. W, Th 9:30am-8pm W,Th (Walk-in, not crisis) 12pm-8pm</i></p>	<p>4/118 Main South Rd, Morphett Vale SA (08) 8326 3591 https://www.neaminational.org.au/services/southern-wellbeing-hub/</p>
<p>Mt Barker Medicare Mental Health (Summit Health) <i>Free, mental health advice and support by peer-led recovery & clinical support. M-F 9:00am-5:00pm</i></p>	<p>Mt Barker SA 1800 595 212 https://www.countrysaphn.com.au/about-us/primary-mental-health-care/medicare-mental-health-centres/</p>
<p>Mt Gambier Medicare Mental Health (FocusOne) <i>Free, walk-in mental health advice and support by peer-led recovery & clinical support. 18yrs+ M-F 9:00am-5:00pm</i></p>	<p>165 Commercial St East, Mt Gambier SA 1800 595 212 https://focusonehealth.com.au/services/</p>
<p>Port Pirie Medicare Mental Health (Neami) <i>Free, walk-in mental health advice and support by peer-led recovery & clinical support. 18yrs+ M-F 9:00am-5:00pm</i></p>	<p>129 Ellen St, Pt Pirie SA (08) 8714 9070 https://www.neaminational.org.au/services/port-pirie-medicare-mental-health-centre/</p>
<p>Port Pirie Mental Health Alternative Care (SAHealth) <i>Peer-led, ED alternative for 16yrs+ M-F 8:30am-4:30pm</i></p>	<p>Alexander St, Pt Pirie SA 0403 816 239</p>
<p>Medicare Urgent Care Clinics <i>After-hours physical health/ED alternatives (suturing, x-ray, scans, pharmacy) Daily 8am-8pm</i></p>	<p>Western (Royal Park) (08) 8447 0040 Northern (Elizabeth) (08) 8256 8000 Southern (Marion) (08) 8375 7055 https://www.urgentcarenetworkaustralia.com.au/location-finder/</p>

Support Services

headspace National: <i>Youth Mental Health Services (12-25 year old)</i> <ul style="list-style-type: none"> • Adelaide • Edinburgh North • Onkaparinga • Port Adelaide • Marion • And many regional areas 	1800 650 890 1800 063 267 (08) 8209 0700 (08) 8186 8600 (08) 8215 6340 (08) 8490 7700 https://headspace.org.au/headspace-centres/
Nunkuwarrin Yunti <i>Culturally based wellbeing services for First Nations People</i>	(08) 8406 1600
Relationships Australia	1300 364 277
Shelter SA	(08) 8223 4077
Sonder <i>In-Home Withdrawal Service (Peer Workers)</i>	(08) 8209 0700 sonder.net.au/programs/in-home-withdrawal-service/
Translating and Interpreting Service	13 14 50




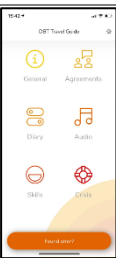
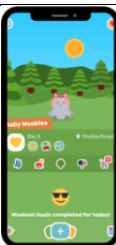

Advocacy, complaints, and appeals


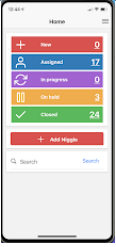





Disability Advocacy and Complaints Service of South Australia <i>Advocacy for individuals & systemic challenges</i>	(08) 7122 6030 https://dacssa.org.au/
Disability Rights Advocacy Service <i>Advocacy for equal access and human rights</i>	(08) 8351 9500 https://www.dras.com.au/
Health and Community Services Complaints Commissioner South Australia <i>Independent body to review/resolve complaints</i>	(08) 8226 8666 1800 232 007 https://www.hcsc.sa.gov.au/
Office of the Chief Psychiatrist <i>Monitors administration of the Mental Health Act, standard of care and advises the Minister.</i>	(08) 8226 1091 https://www.chiefpsychiatrist.sa.gov.au/
Office of the Public Advocate <i>Advocacy for people with a mental incapacity, and assistance with decision making.</i>	(08) 8342 8200 (Country SA) 1800 066 969 https://www.opa.sa.gov.au/
South Australian Civil and Administrative Tribunal (SACAT) <i>Reviews Mental Health Act orders, guardianship orders, etc</i>	1800 723 767 https://www.sacat.sa.gov.au/

Carer Resources

<p>BPD Collaborative <i>Free online or in-person courses about BPD and the carer role in supporting recovery.</i></p>	<p>www.sahealth.sa.gov.au/BPDCo https://www.eventbrite.com/cc/carers-programs-514409</p>
<p>Family Connections (NEABPD Australia) <i>Education, skills training & support for families</i></p>	<p>https://www.bpdaustralia.org/</p>
<p>Sanctuary BPD Carers Support Group <i>Connect monthly online or in person</i></p>	<p>https://bpd-carers-sanctuary.org/</p>
<p>Carer Gateway <i>Central portal to access free services & supports</i></p>	<p>www.carergateway.gov.au</p>
<p>Carers SA <i>Provides free services/support for unpaid carers</i></p>	<p>1800 242 636 https://www.carerssa.com.au/</p>
<p>Children of Parents with a Mental Illness <i>Information for children whose parent lives with mental ill-health.</i></p>	<p>https://www.copmi.net.au</p>
<p>Family Drug Support <i>24 hour helpline, and in-person meetings</i></p>	<p>1300 368 186 https://www.fds.org.au/</p>
<p>Grandcarers SA <i>Metro & Country, 1-1 carer support & groups</i></p>	<p>(08) 8212 1937 https://grandcarers.au/</p>
<p>headspace support for Family <i>Support for people 12-25yo & family</i></p>	<p>1800 650 890 https://headspace.org.au/services/family/</p>
<p>MIND Carer Helpline <i>M-F 9am-5pm</i></p>	<p>1300 554 660 www.mindaustralia.org.au/support-carers</p>
<p>Services Australia – Carer Payments <i>Payments for people who give constant care to someone with a disability</i></p>	<p>13 27 17 https://www.servicesaustralia.gov.au/carers-payment</p>
<p>Skylight – Mental Health Carer Program <i>Metro & Country, 1-1 carer support & groups</i></p>	<p>(08) 8378 4100 https://skylight.org.au/carers-services/</p>
<p>Siblings Australia <i>In-person or online support for all ages</i></p>	<p>(08) 8253 4936 https://siblingsaustralia.org.au/</p>
<p>Uniting Care Wesley Bowden (UCWB) Carers <i>Metro Adelaide, 1-1 carer support & groups, for carers supporting people with mental ill-health</i></p>	<p>(08) 8245 7100 https://ucwb.org.au/resource-options-and-support-for-carers-rosc/</p>
<p>Young Carers Network <i>For young carers up to 25yrs to connect & access support</i></p>	<p>https://youngcarersnetwork.com.au/</p>

Resources - Apps & Websites

	<p><u>Beyond Now</u> Beyond Blue developed the Beyond Now app to help people make their own safety plans. This plan will support you through times of sadness or grief. The app guides through, step-by-step, and has suggestions for each step. It can help if a family member, Elder or support person works with you to make the plan. Can be updated and shared with others if you wish.</p>
	<p><u>Break up shake up</u> Breakup Shakeup is for young people who have recently been through a relationship breakup. The app aims to help young people overcome those moments of despair by planning activities with friends and relatives, rethinking their negative thoughts, and learning new strategies for coping with the difficult times. (iPhone/iPad only)</p>
	<p><u>Calm Harm</u> Calm Harm provides tasks that help you resist or manage the urge to self-harm. Based on DBT principles, using mindful exercises, journaling, and building a 'safety net'. It can be customised and will remember the strategies you have found most useful. It's completely private and password protected. For people 13+yrs.</p>
	<p><u>DBT Travel Guide</u> For people who are following a dialectical behaviour therapy (DBT) programme, or want to start one. App provides information about BPD and DBT, with over 200 skills and mindfulness exercises. Meditations, diary card and guidance during crisis moments.</p>
	<p><u>Finch</u> Promotes wholistic well-being and self-care via a virtual pet representing your emotional journey. Mindfulness exercises, goal-setting tools that track progress, mood tracking, journaling and community support through virtual support groups. Neurodivergent friendly.</p>
	<p><u>Headspace</u> Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track your stats and reminders to help you with your practice. <i>(Free trial, with ongoing fees)</i></p>

	<p><u>How we Feel</u> Emotional check-in app. Sorts emotions based on energy level and sensations, with short skills training. Science-based mood journal developed at Yale University.</p>
	<p><u>Niggle</u> Track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help you tame your niggles. From feeling down or sad to sexual identity, dealing with conflict, loneliness, etc- this is a self-help toolkit for all things related to mental, social and emotional wellbeing. (Youth focus)</p>
	<p><u>Sleep Ninja</u> From Black Dog Institute, this app is based on CBT for insomnia (CBT-I) and shown to be useful for young people. Teaches strategies across 6 'training sessions' to develop health sleep habits and improve sleep quality.</p>
	<p><u>Smiling Mind</u> – The recently updated version of the Smiling Mind app helps you learn the skills that underpin wellbeing and create the habits to thrive. Develop your own, unique approach to building your mental fitness, navigating challenges and meeting your goals. It's your daily workout for life, in your pocket. (Free access with upgrade to paid features)</p>
	<p><u>SuperBetter</u> SuperBetter is a tool to help you build resilience and get stronger, happier and healthier. Choose from over 25 power packs or design your own adventure for any area of life where you want to feel better. Each activity uses gaming techniques to help you tackle a tough challenge, change what isn't working and reach your goals. You can get support and help others while having fun.</p>
	<p><u>Virtual Hope Box</u> Contains simple tools to help people with coping, relaxation, distraction, and positive thinking. You can store a variety of rich multimedia content that you find personally supportive in times of need, e.g. photos, videos, recorded messages, quotes, music you find soothing, reminders of positive experiences future aspirations.</p>
	<p><u>Voidpet</u> - Self-awareness game befriends emotions. Check on your plants to discover daily mindfulness exercises. Track your mood and journal daily to nourish a Voidpet Garden to attract and collect Voidpet critters to raise and train for battles. Inspired by CBT & DBT, to promote self-care, goal setting, practice positivity, physical mindfulness, etc.</p>

More Apps

Some Apps are free, others have free access before a request for payment.

<https://au.reachout.com/tools-and-apps>

<https://bearable.app/>

<https://buddhify.com/>

<https://www.goblinxadhd.com/>

<https://insighttimer.com/>

Websites

<https://cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress>

<https://dbtselfhelp.com/>

<https://headtohealth.gov.au>

<https://mindshare.org.au/>

<https://nunku.org.au/>

<https://www.sa.gov.au/topics/care-and-support/financial-support/emergency-financial-aid>

<https://www.sahealth.sa.gov.au>

Podcasts

<https://www.abc.net.au/listen/programs/allinthemind/borderline-personality-disorder-stigma-to-strength/9442968>

<https://www.abc.net.au/listen/programs/allinthemind/bpd-and-healing-relationships/9466788>

<https://soundcloud.com/headspacesessionsadelaide/s3-episode-4-flipping-the-script-changing-the-narrative-on-bpd>

<https://www.youtube.com/@thebpdhunch/podcasts>

