



**Disability Rights  
Advocacy Service Inc**

## **DRAS is not a Crisis Support Service**

**If you or someone you know is in need of immediate assistance, here are some resources that are available to everyone. We encourage you to reach out for the support you need.**

- **Emergency services on 000**
- **Police attendance on 131 444**
- **Mental Health Triage on 131 465**
- **Suicide Call Back Service on 1300 659 467**
- **Domestic Violence Crisis Line on 1800 800 098**
- **Homeless Connect SA on 1800 003 308**
- **Lifeline Counselling on 13 11 14**
- **Beyond Blue on 1300 224 636**
- **1800 RESPECT on 1800 737 732**
- **Kids Helpline on 1800 551 800**
- **Men's Line Australia on 1300 789 978**
- **13 YARN on 13 92 76**  
**Aboriginal or Torres Strait Islander Crisis Supporter**
- **Q Life on 1800 184 527**  
**For the LGBTQIA+ community**

**Your Well-being is important to us.  
Please do not hesitate to seek help from these trusted services.**