

This is a joint project between the Rural City of Murray Bridge, the Murray Bridge Community Centre and Wellbeing SA.



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MULTICULTURAL SERVICES

National Translating and Interpreting Service
13 14 50

Murraylands Migrant Resource Centre
8535 5600

Australian Refugee Association
8354 2951

ABORIGINAL SERVICES

13YARN
13 92 76

Moorundi Aboriginal Community Controlled Health Service
1800 023 846

Ngarrindjeri Ruwe Empowered Communities
8532 5763

Aboriginal Family Support Services
8532 1790

HOSPITALS, HEALTH & COMMUNITY SERVICES

Murray Bridge Soldiers Memorial Hospital
8535 6777

Health Direct Australia
1800 022 222

Country Health - Connect Murray Mallee Community Health Service
8535 6800

Women's Information Service
1800 188 158

Pregnancy Advisory Centre
7117 8999

Disability Gateway
1800 643 787

Shine SA
8300 5300

ADDICTION ASSISTANCE

Alcohol and Drug Information Service
1300 13 13 40

Gambling Help
1800 858 858

PARENTS & CARERS

Pregnancy, Birth and Baby Helpline
1800 882 436

Pregnancy SA Infoline
1300 368 820

PANDA
1300 726 306

Carer Gateway
1800 422 737

Murray Bridge Child and Family Health Service
1300 733 606

Bridge Clinic (Antenatal Care)
8539 3232

ADDITIONAL SERVICES

Murray Bridge Community Centre
8531 1799

Rural City of Murray Bridge
8539 1100

LinkSA Dial a Ride
8532 2633
OR 1800 227 576

Murray Bridge Library
8539 1175

The Station Youth Hub
8539 1157

HERE IF YOU NEED

YOUTH SERVICES CARD

EMERGENCY

**Police, Ambulance
or Fire**

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**Police Attendance Line
(non-urgent)**
131 444

**Poisons Information
Centre**
13 11 26

FAMILY & SEXUAL VIOLENCE

1800RESPECT
1800 737 732

**Domestic Violence
Crisis Line**
1800 800 098

**Yarrow Place Rape
and Sexual Assault
Service**
1800 817 421

**Child Abuse
Report Line**
13 14 78

MENTAL HEALTH & WELLBEING

Lifeline
13 11 14

**Kids Helpline
(5-25years)**
1800 551 800

**Mental Health
Triage Service**
13 14 65

**Suicide Call Back
Service**
1300 659 467

**StandBy Support
After Suicide**
1300 727 247

Beyond Blue
1300 224 636

Butterfly Foundation
1800 334 673

**headspace
Murray Bridge**
8531 2122

Skylight Mental Health
8378 4100

**Child and Adolescent
Mental Health Service**
8531 3901

iReach
8531 1303

MensLine Australia
1300 78 99 78

Regional Access
1300 032 186

Qlife
1800 184 527

**Gender Connect
Country SA**
7099 5390

HOUSING

**Homeless Connect
SA**
1800 003 308

Housing SA
13 12 99

RentRight
1800 060 462

Centacare
8215 6320

ac.care
8531 4900

LEGAL SERVICES

Legal Help Line
1300 366 424

**Aboriginal Legal
Rights Movement**
1800 643 222

**Southern Community
Justice Centre**
1300 850 650

FINANCIAL ASSISTANCE

**Centrelink
(Youth and Students)**
13 24 90

Affordable SA
1800 025 539

**Salvation Army No
Interest Loans Scheme**
0437 723 863