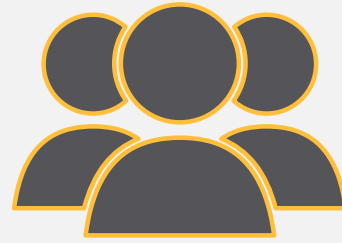


## WHAT TO EXPECT ON A CALL...

You can expect to be heard, respected, and supported by our peer workers.

You can expect to be valued for your unique experience.

You can expect to receive practical support, referrals, and coaching towards your wellness strategies.



**Peer Workers**  
=  
**Empathy**  
+  
**Understanding**



CONTACT US

**1800 02 2020**

[https://www.skylight.org.au/  
covid-19-support-line](https://www.skylight.org.au/covid-19-support-line)



**COVID-19**  
**Mental Health**  
**Peer Support Line**  
**1800 02 2020**

Phone, web chat, and video chat support for anyone with concerns surrounding COVID-19



## **ABOUT SKYLIGHT MENTAL HEALTH**

We offer a range of services for people who experience mental illness and for their family and friends who care for them. We provide support and information, build community awareness and advocate for improved mental health policy and services.

Contact Skylight Mental Health on (08) 8378 4100 or go to [skylight.org.au](http://skylight.org.au)

## **NEED SUPPORT?**

If you or someone you know could benefit from mental health support due to COVID-19 call our support line

# **1800 02 2020**

## **THE SERVICE**

### **WHO IS IT FOR**

This service will be available for all South Australians – whether you live in Adelaide or regional South Australia

### **WHEN**

5:00pm - 11:30pm  
7 days per week

### **WHO WILL YOU SPEAK TO**

The support line is delivered by peers who have a mental health lived experience. We are available to provide a listening ear, COVID-19 related information, as well as connect you with other appropriate services as needed.