

After a claim is lodged, ReturnToWorkSA provides workers with the following support services:



Mental Health Support Service (low intensity) provides workers with access to a mental health coach for pending or accepted claims where mild to moderate anxiety, depression, or stress symptoms are present, and the worker is not regularly seeing a psychologist or psychiatrist for treatment. The service is also available to immediate family members. Speak with your Return to Work Coordinator or Claims Manager for more information or to make a referral.



ReCONNECT supports workers with pending, accepted or rejected claims who are facing barriers beyond their work injury -such as housing, relationship and financial challenges. The service connects workers to free or low-cost community support services. To speak with a ReCONNECT Advisor, contact ReturnToWorkSA on **8238 5959** or reconnect@rtwsa.com

Community Services

Speak to your GP – if you require more extensive Mental Health support, your GP can be a valuable resource.

Beyondblue	Online telephone helpline for people with depression, anxiety or other mental health issues 24hrs/7 days	1300 22 4636
Lifeline	Crisis support line available 24hrs/7 days	13 11 14
Medicare Mental Health	Funded by the Australian government and free to access, this service helps you access the mental health and wellbeing resources and services that are right for you.	1800 595 212
13 YARN	National Crisis support line for mob who are feeling overwhelmed or having difficulty coping. 24hrs/7 days	13 92 76
Mental Health Triage Service	The main point of access to state funded mental health services and can provide advice and information in a mental health emergency	13 14 65
MindSpot	Mental Health Care services delivered online or via telephone free of charge, including confidential psychological assessments and clinically proven treatments	contact@mindspot.org.au