

FAMILY SUPPORT

Aboriginal Family Support 82121112

Otherway Centre 82321001

HOUSING

Aboriginal Housing 82354333

Housing Trust 82070211

LEGAL HELP

Aboriginal Legal Rights City 82118824

Pt Augusta 86424366

Ceduna 86252200

Pt Lincoln 86834160

Murray Bridge 85324788

APOSS City 82310311

Pt Augusta 86422340

Aboriginal Justice Officers

(fines) 82076270

Legal Aid 1300366424

EMERGENCY

Police, Fire, Ambulance 000

Poisons Information 131126

Chest Pain Hotline 1300781188

Mental Health Crisis 131465

Rape & Sexual Assault 82268787

Dental 83734930



**It only takes a few minutes
for someone who has stopped
breathing to die**



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- check if they are conscious (shake them, call their name) try to walk them around
- if no response, check breathing and pulse
- if not breathing start artificial respiration; if no pulse start CPR
- if unconscious, place in coma position
- call an ambulance by dialling 000
- stay with them

**If you think someone has dropped
call an ambulance-dial 000**

Design of card and Hep C Man by Helen Wilson

ADAC IDU

HELP

CARD



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