

Dear Families,

I was made aware of this support line and web chat via my Wellbeing Connection group.

Skylight Mental Health is offering the COVID-19 Mental Health Peer Support Line and Web Chat to provide mental health support during COVID-19. The service is available to all South Australians from 5pm to 11.30pm 7 days per week.

If you or someone you know could benefit from mental health support due to COVID-19 you can call 1800 02 2020.



**1800 02 2020**  
**COVID-19 Mental Health Peer Support line Launches**  
**5:00pm – 11:30pm**  
**7 days per week**

Stay well,

Mel Lucas ~ Student Wellbeing Coordinator