LIMESTONE COAST

Community Services

Directory

2016/2017

Latest update 26-9-2016

The Junction is not responsible for the correctness of the information in this Directory, as not all organisations have updated their information. The information that is not updated will be in grey.
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Mount Gambier Community Services Directory
The Junction, Mental Health Activity and Resource Centre Inc.
August 2014
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ac.care

Homelessness Service
Based at the Mount Gambier Community Centre and offering outreach services across the Limestone Coast
- Crisis Accommodation in times of emergency
- Intensive Tenancy Support helps to prevent eviction
- Outreach support
- Early intervention advice and information
- Youth Resilience Scholarships, donor funded educational support for youth
- ac.care housing association affordable - rental accommodation
- Youth transitional housing
- Tenancy Education Program

Financial Inclusion Services
Based at the Mount Gambier Community Centre; the Millicent Community Centre; and providing outreach to other areas:
- Financial Counselling - Mount Gambier and Millicent
- No Interest Loan Scheme (NILS) is a community-based program offering no interest loans to people receiving Centrelink payments. The maximum loan is $1,200 for essential household goods and services.
- Emergency Relief- for those in crisis, an eligibility assessment is conducted for food parcels; food & petrol vouchers; medical scripts; blankets; and Telstra vouchers.

Families & Children
Based at the Family Relationship Centre phone 8721 3500 / 1800 880 913 and provides regular appointments to Naracoorte, Millicent and Bordertown.
- Children's Contact Service - child focused- a safe neutral place to changeover custody visits. Children’s Contact Centres located in our offices at Mount Gambier and Millicent
- Counselling for individuals and couples
- Family Dispute Resolution - child focused service assisting separating or separated couples to develop parenting plans
- Family Support, workers based in Millicent, Naracoorte, and Mount Gambier provide in home support for parents
- Parenting after separation workshops and case management support.
- Parenting workshops - parenting teenagers and Bringing Up Great Kids
- Personal Success Coaching - changing “I Can’t” to “I Can”
- Children's counselling - for children aged 4-18 whose parents have separated
- Season For Growth – Grief and Loss group work
- Blast Off – program for 5-12year olds living with parental separation

Mount Gambier Community Centre
Phone 8723 0540
ac.care’s Mount Gambier Community Centre provides visitors with a welcoming, safe and friendly environment to participate in adult learning opportunities. Courses include a range of computing and IPad classes, as well as cooking, art and craft.
The centre also has the following services located within it:-
- ac.care’s Financial Inclusion services including financial counselling, No Interest Loans and Emergency Relief.
- ac.care’s Homelessness team providing Crisis Accommodation, outreach support, intensive tenancy support and early intervention support.

Millicent Service Centre
Phone 8733 4720
- Centrelink agency
- Service SA
• ac.care’s Family and Children services including Children's Contact Centre, Family Support and Relationship Counselling

• Financial Inclusion services including financial counselling, No Interest Loans, Emergency Relief.

• Visiting services such as job-network providers utilise the centre.

**Naracoorte Office**

Phone 8721 3500

• ac.care’s Family and Children services including Children’s Contact Centre, Family Support and Relationship Counselling

• Community Referral Worker available to undertake initial assessments and provide information and referrals to ac.care services and other services within the region.

• ac.care’s Homelessness team providing Crisis Accommodation, outreach support, intensive tenancy support, early intervention support.

**Out of home Care**

Phone 8724 9211

Based at White Avenue Mount Gambier

• Emergency Foster Care

• Long Term Care

• Respite Care

• Temporary/Short Term Care

• Reunification services

• Therapeutic Care Homes

**Service area:** South East of SA, Murray lands and Riverland

**NGO/Gov:** NGO

**Funding Source:** State & Federal Gov, donations

**Client age range:** Individuals, families and children of all ages

**Address:** Head Office: White Avenue/PO Box 1842 Mount Gambier SA 5290

**Phone:** (08) 8724 9211

**Fax:** (08) 8725 5087

**Email:** care@accare.org.au

**Website:** www.accare.org.au

**Anglican Church**

Emergency assistance to those in need via food parcels, available: 10.30am-1.00pm Thursdays, appointments must be made prior to visit.

**Service area:** South East of SA

**NGO/Gov:** Church

**Funding Source:** Church

**Client age range:** 18+

**Address:** Anglican Church Bay Road Mount Gambier SA 5290

**Contact:** Ginny Glover and Lynn Fisher

**Phone:** (08) 8723 1353

**Fax:** (08) 8723 1353

**Email:** churchan@bigpond.net.au

**Website:**

**Anxiety Disorders Association South East Inc. (ADASE)**

**A Great Step Forward Program:**

The power of the *A Great Step Forward program* is the group dynamics, however in saying that we are not a support group, clients are not required discuss their personal issues within the program.
• Part 1: Clients can attend **A Great Step Forward Basic program** with a support person this program costs $30.00 Concession $25.00.

• Part 2 **A Great Step Forward Mind Over Mood program** which is for consumers only, this program runs for 11 weeks at a cost of $300.00.

• A Great Step Forward program is a skills based program, the client will learn to apply Cognitive Behaviour therapy skills to help the client to regain control over their anxiety & depression symptoms.

  **Phone:** 08 87239400  
  **Fax:** 08 87239400  
  Post Office Box 8130  
  Mt Gambier East SA 5290  
  **Email:** adasese@bigpond.com  
  **Website:** www.anxietymtgambier.org.au

**Australian Red Cross: Upper & Lower South East Transport Service**

• The Australian Red Cross is committed to helping those in need in our communities across the Limestone Coast.

• Operates Telecross a daily reassurance call service and Telechat which matches isolated clients & callers

• The Transport Service enables people, who are socially, financially or transport disadvantaged, to attend medical and social appointments.

• The Social Support Program operates a Community Van enabling people, who are socially, financially or transport disadvantaged, to shop; to go on excursions in Lower & Upper South East and Western Victoria.

• Registrations for both of these services can be made over the telephone either by the client, a carer, social worker, doctor, family member or friend.

• Bookings must be requested at least 48 hours in advance.

**Service area:** Upper & Lower South East of SA  
**NGO/Gov:** NGO  
**Funding Source:** Fund raising, fee for service & government funding  
**Client age range:** Teenagers to aged seniors

**Address:** Regional Office 18 Ferrers Street, Mount Gambier SA 5290  
**Contact:** Llewellyn Jones, Community Development Manager  
**Phone:** (08) 8725 3622 or Free call 1300 851 898  
**Mobile:** 0417 381 733  
**Fax:** (08) 8723 9045  
**Email:** ljones@redcross.org.au  
**Website:** www.redcross.org.au

**Baptist Care (SA)**

**Tumbelin Program**

Intervention programs for young people to reduce harm associated with substance use, via Adventure Therapy and Group Work program or one-on-one counselling and a family conference service. Initial 6 week group work or one-on-one work is followed by individual case management for up to 12 months.

**Service area:** South East of SA  
**NGO/Gov:** NGO  
**Funding Source:** Federal Govt  
**Client age range:** 13-18 youth

**Address:** 159 Commercial Street East, Mount Gambier SA 5290
Community Support Service
An intervention program whereby people who have a mental illness or a disability as a result of a mental illness may receive support to allow them to remain in their own homes. Referrals must be made from staff at the Government Community Health Services office.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Federal Govt
Client age range: From 18 years on

Address: 159 Commercial Street East, Mount Gambier SA 5290
Contact: Area Manager
Phone: (08) 8723 1445
Email: jryan@baptistcaresa.org.au
Website: www.baptistcaresa.org.au

Complex Case Support
Service that provides those people who have a Refugee or Humanitarian Visa and who have complex issues and high needs. A Case Manager is employed to provide information in relation to relevant community services and advocate on behalf of the client.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Federal Govt
Client age range: People with a Refugee or Humanitarian Visa

Address: 159 Commercial Street East, Mount Gambier SA 5290
Contact: Susan Chadwick
Phone: (08) 8723 1445
Email: schadwick@baptistcaresa.org.au
Website: www.baptistcaresa.org.au

Bedford South East
Bedford is a trusted and sustainable business that changes the lives of people with disability by building their skills to participate in the community. We offer employment, recreational and day activities, training, life skills, community housing and support services. In Mount Gambier and Millicent we operate the following areas of business:
- Packaging
- Manufacturing
- APG Horticulture
- Laundry (for public and commercial use)

Employees gain valuable on-job skills and have the opportunity to undertake nationally recognised TAFE qualifications, ensuring both work satisfaction and a quality service.

Service area: Mount Gambier and Millicent
NGO/Gov: NGO
Funding Source: Gov
Client age range: 16+
Mount Gambier:
Address: 38 Attamurra Road Worrolong SA 5291, PO Box 802 Mount Gambier SA 5290
Contact: Patrick Golding, Personnel officer
Phone: (08) 87256088
Fax: (08) 8725 9250
Email: pgolding@bedfordgroup.com.au

Millicent:
Address: 14-18 George St Millicent SA 5280
Contact: Tara Bowering, Personnel and training officer
Phone: (08) 87332966
Fax: (08) 87334194
Email: tbowering@bedfordgroup.com.au
Website: www.bedfordgroup.com.au

Burrandies Aboriginal Corporation

Indigenous Community Links
Burrandies provide a support service to link indigenous community members with other services as required. Computers with internet access, fax machines, photocopier & phones are all made available for use. If community members need assistance with finding services, making appointments or an advocate to attend appointments please contact us.

Nunga Home Work Centre
This is offered for all indigenous school students of all ages to attend. The centre operates on Mondays and Thursdays after school. Students are collected from school and dropped home at the conclusion of the session (approx. 5.30). For further information or enrolment packs please contact us.

Boandik Language Revival Program
Burrandies has been funded by the Office for the Arts (OFTA) to coordinate and manage the Boandik Language Reclamation Project. The aims of the project are to reclaim the Boandik Language of the South East Region so it may be learnt and taught to all members of the community. This project is currently funded until October 30th 2016.

Arts & Craft Group
Burrandies provide a space for a range of activities such as art/painting/sewing/limestone sculpture/possum skin cloak making. Please contact us for further details.

Service area: Limestone Coast
NGO/Gov: NGO
Funding Source: Federal & State Gov
Client age range: Indigenous people of all ages

Address: 68-70 White Avenue Compton SA 5291
(PO Box 2500, Mount Gambier SA 5290)
Contact: Emma Hay
Phone: (08) 8725 6200
Fax: (08) 8725 6299
Email: admin@burrandies.org
Website: www.burrandies.org
Centacare Catholic Family Services
Centacare’s services include counselling for adults, children and families regarding relationships, parenting, personal issues, grief and loss; mediation in the form of family dispute resolution and developing parenting and financial agreements. Mediation can include a child consultation process where suitable.

**Service area:** South East of SA  
**NGO/Gov:** NGO  
**Funding Source:** Federal Gov  
**Client age range:** Families, men, women & children of all ages

**Address:** 13 Penola Road Mount Gambier SA 5290  
**Phone:** (08) 8724 0500  
**Fax:** (08) 8725 4940  
**Email:** mountgambier@centacare.org.au  
**Website:** www.centacare.org.au

Centacare Limestone Coast Domestic Violence Service
Working with women and children who are victims of domestic violence, the service provides counselling, case management, accommodation, crisis support, an outreach service, information and referral, assistance with legal issues, family court support, assistance with parenting, exploration of options, reconnection with community, and support groups for empowerment/personal growth for both women and children.

**Service area:** Limestone Coast  
**NGO/Gov:** NGO  
**Funding Source:** State & Fed Gov funding via the National Affordable Housing Agreement  
**Client age range:** Women and accompanying children

**Address:** PO Box 1682 Mount Gambier SA 5290  
**Contact:** Susie Smith  
**Phone:** (08) 8723 1385  
**Fax:** (08) 8723 1524  
**Email:** lcdvs@centacare.org.au  
**Website:** www.centacare.org.au

Centrelink
Centrelink is an Australian Government Statutory Agency, responsible for providing social security payments within Australia, assisting people to become self-sufficient and supporting those in need.

**Service area:** South East of SA  
**NGO/Gov:** Government agency  
**Funding Source:** Federal Gov  
**Client age range:** 15+  
**Website:** www.humanservices.gov.au

For all general enquiries including payment related queries please use the website or phone

Older Australians 132300  
Disability Sickness and Carers 132717  
Employment Services 132850  
Families and Parents 136150  
Youth and Students 132490

For stakeholder/interagency contacts
Contact: Vinny Cutting, Manager
Phone: 08 87260906
Email: vinny.cutting@humanservices.gov.au

For customers in crisis e.g. domestic violence, at risk of suicide, in extreme financial hardship, or unsupported young people under 15

Contact: Susan Thorne, Social Worker (Monday – Thursday)
Phone: (08) 8726 0973
Fax: (08) 8726 0999
Email: susan.thorne@humanservices.gov.au

**Child and Adolescent Mental Health Service**

CAMHS provides a range of therapeutic counselling services for children and adolescents between birth and 18 years of age and their families. Services include: consultation and assessment; individual and family counselling; and liaison with other service agencies and schools. Issues addressed include mental health, parenting, social, peer pressure, school drug and alcohol; GOM, biological and foster family support.

**Service area:** South East of SA  
**NGO/Gov:** State Gov  
**Funding Source:** State Gov  
**Client age range:** 0-16

**Address:** 2 Crouch Street North/PO Box 642 Mount Gambier SA 5290  
**Contact:** Cathy Walmsley, Manager  
**Phone:** (08) 8724 7055  
**Fax:** (08) 8723 2610  
**Email:** cathy.walmsley@health.sa.gov.au  
**Website:** [www.health.sa.gov.au](http://www.health.sa.gov.au)

**Child and Family Health Service**

A range of allied health and support services to children and their families. The service aims to promote children’s positive development, intervene early to address child developmental problems and support parent’s active participation in their child’s early learning and development.

**Service area:** South East of SA  
**NGO/Gov:** Gov  
**Funding Source:** State Gov  
**Client age range:** 0-5

**Address:** 5 Herriot Street/P O Box 1206 Mount Gambier SA 5290  
**Contact:** Wendy Stratford, Administration Officer  
**Phone:** (08) 8725 0705  
**Fax:** (08) 8723 1955  
**Email:** wendy.stratford@health.sa.gov.au  
**Website:** [www.cyh.com](http://www.cyh.com)

**Child Support Agency**

The Child Support Agency is part of the Department of Human Services and is responsible for the administration, assessment and collection of child support payments.

**Service area:** South East of SA  
**NGO/Gov:** Fed Gov- Dept of Human Services  
**Funding Source** Fed Gov
Client age range: 18+

Contact  
Child Support  
Phone: 131 272  
Website: www.humanservices.gov.au

City of Mount Gambier

The City of Mount Gambier Council is responsible for providing a wide and diverse range of facilities and services, including recreational and cultural facilities, providing opportunities for residents to fully participate in the community.

NGO/Gov: Local Government  
Address: 10 Watson Terrace/PO Box 56 Mount Gambier SA 5290  
Phone: (08) 8721 2555  
The Library: (08) 8721 2540  
Main Corner Complex: (08) 8721 2563  
The Lady Nelson Visitor Centre: (08) 8724 9750  
Email: city@mountgambier.sa.gov.au  
Website: www.mountgambier.sa.gov.au

Commonwealth Respite and Carelink Centre

Support for people who provide care and support for a parent, child or friend who has a disability, is frail aged, or who has a chronic mental or physical illness. This includes caring for someone who requires palliative care. The Centre provides short term and emergency respite for carers by helping them to access other agencies and services. In consultation with both the carer and the person receiving the care, the Centre’s staff plan the most suitable way of meeting respite requirements. Clients are seen in the office or their own homes, and outreach services are provided in Naracoorte, Bordertown, Kingston and Keith.

Service area: South East of SA  
NGO/Gov: NGO  
Funding Source: Federal Gov  
Client age range: All ages  
Address: 20 Percy Street/PO Box 145 Mount Gambier SA 5290  
Contacts: Reception  
Phone: (08) 8724 8700; Free call: 1800 052 222 (from a landline)  
Fax: (08) 8724 8744  
Email: respite@carers-sa.asn.au  
Website: www.carers-sa.asn.au

Community Counselling & Care

'A Quality Down to Earth and Affordable Service Designed to Enhance Personal Growth'

Service area: South East of SA and beyond. Skype counselling available.  
Company: Private Practice  
Funding source: Medicare  
Client age range: 12+  
Address: 50A James Street, Mount Gambier SA 5290  
Contact: Daniel Wakefield. Managing Director / Mental Health Clinician  
Phone: (08) 87 384057  
Fax: (08) 8738 4373  
Email: daniel@communitycounsellingandcare.com.au  
Website: www.communitycounsellingandcare.com.au
Country Health SA Local Health Network Integrated Mental Health Team

Offers inpatient and community services for people living with mental illness that are provided by a multidisciplinary team. The team offers: assessment; care coordination; liaison with GP’s. Linking with other services as appropriate e.g.: Aboriginal health; aged care; access to psycho-social rehabilitation services.

Service area: South East of SA
NGO/Gov: State Gov
Funding Source: State Gov
Client age range: 16+
Address: 267-300 Wehl Street North Mount Gambier SA 5290
Phone: (08) 8721 1507
Fax: (08) 8721 1508

Department for Education and Child Development, Mount Gambier
Student Support Services

The DECD Student Support Services provide a range of services to pre/school sites, learners, families and the community. Services include behaviour support coaches, special educators, educational psychologists, social workers and speech pathologists. The social work service is comprised of two strands of work including Attendance and Engagement and Family Focus. The Social Work strand (Family Focus) service provides support to all pre/school sites within the Limestone Coast region and assists site staff such as leaders, teachers and school counsellors, supports learners in areas of social and emotional wellbeing, linkages to community support services and provision of information, resources and training for sites as required.

Service area: Limestone Coast
NGO/Gov: Gov
Funding Source: State Gov
Client age range: 2-18

Address: DECS Mount Gambier Office
64 Commercial St West Mount Gambier SA 5290
Contact: Sarah Gleed, Team Leader Student Support Services Mount Gambier
Phone: (08) 8724 5330
Fax: (08) 8725 7575
Email: sarah.gleed@sa.gov.au

Contact: Mary Castignani, Social Worker (Family Focus)
Phone: (08) 8724 5315
Fax: (08) 8725 7575
Email: Mary.Castignani@sa.gov.au
Website: www.decd.sa.gov.au

Limestone Coast ICAN Management Committee

The Limestone Coast ICAN Management Committee is made up of community stakeholders with a strategic focus on youth at risk. It is the committee’s role to foster innovative partnerships and work with existing initiatives and services that engage young people in care and education particularly through strategies that improve health and wellbeing and family engagement.

DECD (Department for Education & Child Development) has provided Innovative Community Action Network (ICAN) schools with the Flexible Learning Option (FLO) enrolment strategy that offers a flexible enrolment resource to primary and secondary schools to support the re-engagement in learning and transitions for previously disengaged young people (year 6–20 years of age). FLO is defined as an ‘approved learning program’ by the Education Act and for Centrelink purposes.
This flexible enrolment resource enables at-risk young people to access more flexible learning options, whilst being supported within a specific framework of case management for engagement, learning and transition to further education training or earning.

Within the context of case management for learning, case managers in partnerships with schools, family and community, broker learning solutions for young people. These learning solutions are tailored and individualised to meet the needs of the young people and to access a range of community resources. Local ICAN community partnerships provide for a ‘joined up’ approach to meet the engagement-in-learning needs for young people identified for a FLO enrolment.

**Service area:** Limestone Coast  
**NGO/Gov:** State Gov  
**Funding Source:** State Gov  
**Client age range:** 6 - 20

**Address:** DECD Regional Office 64 Commercial St West Mount Gambier 5290  
**Contacts:** Caroline Hill, Limestone Coast Student Engagement and Community Partnerships Coordinator  
**Email:** caroline.hill2@sa.gov.au  
**Phone:** (08) 87211005  
**Fax:** (08) 8723 1394

**Department of State Development**

Helping industry, business and communities identify and capitalise on opportunities for job creation and economic growth.

Aims to create more jobs, prioritise training for the unemployed and support vulnerable workers as the State’s economy changes and grows.

Employment Programs partner with industry and employers to fill jobs with work-ready jobseekers, to re-skill retrenched workers and to improve productivity.

With a range of projects and support services, the Department of State Development provides tailored programs for mature age, youth, Aboriginal people and people disadvantaged in the labour market through the delivery of training, skills development and employment projects.

**Service area:** Limestone Coast  
**NGO/Gov:** Gov  
**Funding Source:** State Gov  
**Client age range:** 17+

**Address:** ForestrySA Building, 152 Jubilee Highway East, Mount Gambier SA 5290  
**Contact:** David Hill, DSD Regional Manager, Limestone Coast  
**Phone:** (08) 8723 1057  
**Fax:** (08) 8723 1286  
**Email:** david.hill3@sa.gov.au

**Disability Services, Community and Home Support SA, Department of Community and Social Inclusion**

DSA assist people with disabilities and their families to access the services they need to live independently in the community, by providing or funding disability services through South Australia. DSA recognises that people with disability have the right to the same opportunities as other community members and to participate in all facets of community life. DSA provides information about services and aims to ensure the person’s story is only told once and seek views on how to best assist in meeting needs.

**Service area:** South East of SA  
**NGO/Gov:** State Gov  
**Funding Source:** State Gov
Client age range: 0-65

Address: 9 Elizabeth Street/PO Box 288 Mount Gambier SA 5290
Contact: Nikki Ling, Disability SA Manager
Phone: (08) 8735 1800
Fax: (08) 8735 1733
Email: niki.ling@dcsi.sa.gov.au
Website: www.disability.sa.gov.au

Drug and Alcohol Services SA (DASSA)
The DASSA Country Community Service provides a free, confidential service to any person experiencing drug or alcohol problems and/or their friends or family.
Services include:
• Assessment, counselling and referral
• Drug information and self-help materials
• Home visiting in some circumstances
• Teleconferencing available Bordertown, Keith and Kingston
• Telephone counselling for people living in isolated areas
• Home-based withdrawal

Drug & Alcohol clinic
Naracoorte: Thursday fortnightly at (McMillan Ward) Naracoorte Hospital
Millicent: (alternating) Tuesday fortnightly at the Millicent Community Health Service.
Mount Gambier: (alternating) Tuesday fortnightly at Pangula Mannamurna

Service area: South East of SA
NGO/Gov: State Gov
Funding Source: State Gov
Client age range: 10+

Contact: Jean Kerslake, clinical practice consultant available Monday, Tuesdays and Wednesdays.
          Katie Cope, Community Health Clinical Nurse available Thursdays and Fridays
Phone: (08) 8721 1507
Fax: (08) 8721 1508
Email: jean.kerslake@health.sa.gov.au

Families SA
Families SA is a division of the Department for Education and Child Development. Its primary area of concern is the protection of children – "keeping them safe", which is one of the Department's strategic objectives. Within this context Families SA works in the following areas: protecting children from abuse and harm; supporting families to reduce risk to children; providing alternative care for children and young people when home is no longer an option and caring for refugee children at risk. Families SA is committed to reconciliation and providing culturally appropriate services.

Service Area: South East of SA
NGO/Gov: Gov
Funding Source: Gov
Client Age Range: 0-18

Address: 9 Elizabeth Street/ PO Box 1160 Mount Gambier SA 5290
Contacts: Manager: Allen March
          Intake and Assessment Team: Lisa Ransom, Supervisor
          Reunification Team: Leesa Scanlon, Supervisor
          Connected Care Team A: Krystal Polak, Supervisor
Family Relationship Centre (FRC)

The Mount Gambier Family Relationship Centre is run by ac.care and provides Family Dispute Resolution services to the South East of South Australia and is co-located with other ac.care programs with a view to strengthening family relationships.

The FRC offers a free assessment and referral service with trained Community Referral Workers who can determine client’s needs and refer clients to the most appropriate in-house (ac.care) services and also other community organisations that may be helpful for their situation. Appointments can be offered in both Mount Gambier and Naracoorte.

ac.care Services co-located at the FRC

Other services also available from the same location are:

- Post Separation Cooperative Parenting helping separated families through the issues of separation providing support and skills training through the Parenting after Separation workshop.
- Parenting and relationship strengthening programs including: Parenting Teenagers and Bringing up Great Kids
- Children’s Contact Service helping families by providing a safe, neutral and caring place for children and their parents can change over or have supervised access.
- Counselling for individuals, couples or teenagers with their parents helping people with relationship difficulties better manage personal or interpersonal issues.
- Personal Success Coaching service compliments our Counselling services and strengthening communities focus by helping clients to gain clarity and take action to achieve the results they want in their lives.
- Family Support and Flying Start programs provide in home support to families to help them build on their relationships and their strengths, to help with parenting, budgeting and establishing household routines.

Most services provided by the FRC and ac.care can be accessed in outreach areas. We have offices in Millicent, Naracoorte and Bordertown.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: State & Federal Gov
Client age range: 18+ (Individuals with family difficulties)

Address: 1 Helen Street Cnr Bay Road and Helen Street/PO Box 1842, Mount Gambier SA 5290
Phone: (08) 8721 3500; Toll Free: 1800 880 913
Fax: (08) 8723 5124
Email: mountgambierfrc@accare.org.au
Website www.familyrelationships.gov.au
Family Violence Action Group

The Limestone Coast Family Violence Action Group is made up of interested government, non-government service providers and members of the public interested in raising awareness about the effects of domestic violence in the Limestone Coast. The group meets every 4th WEDNESDAY of the month at 12.00 p.m. at the Shared Services Building at 1 Elizabeth Street MOUNT GAMBIER. New members welcome.

Service area: Limestone Coast Region
NGO/Gov: Not for profit
Funding Source: Not for profit
Address: Mount Gambier Police Station 42 Bay Road Mount Gambier
Contact: Jane Smith
Phone: (08) 8735 1031
Fax: (08) 8735 1008
Email: limestonecoastfamilyviolenceactiongroup@gmail.com
Website: www.limstonecoastfamilyviolenceactiongroup.org.au

Headspace

Headspace Mount Gambier provides services for young people aged 12 - 25 years. Our focus is on four core areas including mental health, physical health, work and study support and alcohol and other drug services.

At Headspace Mount Gambier we offer a confidential, non-judgemental, youth friendly service. Coming to see us is free - you can phone us, email us or just walk in when we’re open from Monday to Friday. You can also ask your family, a friend, your doctor, or case manager to refer you. Referrals can be made by calling us on 08-87250443 or e-mail headspace.mtgagee@unitingcommunities.org.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Federal Government
Client age range: 12 to 25 years

Address: 5/6 Percy Street, Mount Gambier SA 5290
Phone: (08) 8725 0433
Email: headspace.mtgagee@unitingcommunities.org
Website: www.headspace.org.au

Housing SA

Housing SA connects people to place through a range of services including:

- public housing rental program, incorporating Aboriginal housing
- financial assistance with private rental bonds and rent
- Private Rental Liaison Service, providing advocacy and assistance into private rental, and support early in the tenancy
- Support for tenants who are vulnerable or at risk via the Tenancy Practitioner program
- Referral to support services and specialist housing programs, including Homelessness Supportive Housing, and Intensive Tenancy Support
- Partnership with the community in place making activities

Service area: Limestone Coast Region
NGO/Gov: Gov (Department of Communities and Social Inclusion)
Funding Source: State Gov
Client age range: 16+ with independent income

Address: 9 Elizabeth Street/PO Box 405 Mount Gambier SA 5290
Phone: 131299
Fax: (08) 8735 1733
Independent Learning Centre (ILC)

The ILC provides a flexible learning option for identified disengaged high school students, with support to engage young people aged between 16 & 19 in schooling or on a learning pathway. The staff works with students in relation to issues including depression, anger management, grief and loss, sexuality, self harm, mental health, and support for families. They also liaise with schools in relation to suicide post intervention, reengagement into education and counselling. The ILC supports, and advocates on behalf of, homeless students.

Service area: Lower Limestone Coast
NGO/Gov: State Gov
Funding Source: State Gov
Client age range: 16-19

Address: 5 Percy Street Mount Gambier SA 5290
Contacts: David Burt, Manager
Christine Hart, Youth Services Manager
Email: lcbroker@gmail.com
ilc.christinehart@gmail.com
Phone: (08) 8723 0121
Fax: (08) 8723 3522

Interwork

A not-for-profit community based specialist employment services provider with offices across metropolitan and country South Australia and south-western Victoria. Interwork offers flexible and innovative employment programs, and training programs through our registered training organisation Interskills. Interwork offers both Disability Management Services and Employment Support Services programs locally and is consistently rated by the commonwealth government as a 5 star provider. Our professionally trained staff works with jobseekers to prepare for, engage in and sustain employment. We tailor job-search planning to individual job seeker needs and address vocational and non-vocational needs. We assist with pre-employment training, workplace clothing and safety equipment, workplace modifications if needed, and post-placement mentoring and coaching.

We provide employers with easy no-cost access to a skilled but under-utilised workforce of people who have experienced barriers to employment. We can assist employers by carrying the insurance risk for work trials, providing financial support with wage subsidies and ensuring new employees are appropriately prepared and presented from the first day of employment. Our commitment to ongoing professional relationships ensures that any emerging employment issues are dealt with early and efficiently.

Interwork has close professional working relationships with all levels of government including Australian Apprenticeship Centres, councils, local industry and enterprises, community sectors, training organisations and stakeholders such as chambers of commerce and employer associations.

We are an outreach service to Keith, Bordertown, Naracoorte, Millicent, Kingston and Robe.

Address: 5 Percy St Mt Gambier
Contact: Tracey Richardson, Manager
Phone: 08 87253525
Email: traceyr@interwork.com.au
Junction (The)

The South East Junction, Mental Health Activity and Resource Centre Inc. is a not for profit non-government organisation, dedicated to supporting people with mental health issues, and their concerned others, in the Limestone Coast Region.

The Junction is supported by CHSA Local Health Network Mental Health Services, SE Regional Community Health Services, Councils and other government, non-government and community organisations, service clubs and businesses with an interest in the support of people with mental health issues. The Mental Health Support Groups in Penola and Millicent are members of the Junction.

People may refer themselves or be referred by concerned others, health organisations, GP’s etc. The Junction’s goal is to provide a range of services, experiences and opportunities to support people experiencing mental health issues or recovering from mental illness. Mental health is promoted by encouraging attendees (both consumers and carers) to take responsibility for their own well-being, and take an active role in the day to day operation of the Centre. This is done by providing a safe and supportive environment, which fosters attendees’ independence, self-worth, confidence, and self-esteem, with support provided by the coordinator and several volunteers and professional workers. Should an attendee require treatment, they must consult with their case manager, GP or other health professional, as the Junction is not a treatment facility.

Activities include educational sessions, art and craft, cooking, guided tours around Mount Gambier to familiarise attendees with the city and discover what it has to offer, guest speakers, interactions with various organisations, exercise, music and assisting in the Junction’s daily management.

Registered as a Charitable Organisation and Gift Deductible Recipient.

Service area: The Lower South East of South Australia; Mount Gambier, Millicent and Penola
NGO/Gov: NGO
Funding Source: None
Client age range: 18+

Address: 19 Ferrers Street/PO Box 267 Mount Gambier SA 5290
Contact: Nel Jans, coordinator
Phone: (08)8724 5250 or 04-77886450
Fax: N/A
Email: junctioncoord@gmail.com
Website: www.thesoutheastjunction.org.au

Kingston Supported Employment Service


Uniting Care Wesley Port Adelaide - Disability Day Options, Respite & Accommodation Support Programs - Department for Communities & Social Inclusion Referral.

Address: 23 Charles St Kingston SE SA 5275
Contact: Sue Chester Program Manager
Phone: (08) 87672211
Mobile: 0401 690 973
Email: schester@ucwpa.org.au
Life Without Barriers

Drug and Alcohol Service

Life Without Barriers Drug and Alcohol Counselling Service is based in central Mount Gambier. The service offers a free, confidential counselling service which aims to support individuals and their family members who have been affected by alcohol and other drug use.

The Drug and Alcohol Counselling Service is available to individuals and their family members who are 16 years of age and over. All consumers must be voluntary. The service does not provide progress reports or information for court ordered drug and alcohol counselling. This service is based in Mount Gambier but can be accessed by those who live in the South-East region. Telephone counselling can be provided to those who do not have access to transport to the Mount Gambier central area.

Individuals can self-refer by contacting the number below or alternatively can be referred by their GP, Community Health Centre and local service providers.

Service area: Mount Gambier
NGO/Gov: Life Without Barriers
Funding Source: Department of Health
Client age range: 16+

Address: 11 Wehl Street South, Mount Gambier
Contact: Lois Rose-Smith
Phone: (08) 8725 8081, 0447 490 572
Fax: (08) 8725 8072
Email: lois.rosemith@lwb.org.au
Website: www.lwb.org.au

Lifeline South East (SA) Inc.

Limestone Coast Regional Gambling Help Services

Therapeutic and Financial Counselling
Referrals to State-Wide Gambling Therapy Service
Facilitation of Independent Gambling Authority Barrings / SATAB Barrings /Tatts Lotteries self-exclusion
Resources / Information / Support for anyone affected by Problem Gambling
Funding Source: Gamblers Rehabilitation Fund - State Government, AHA SA, Clubs SA, Skycity
Service Area: Limestone Coast Region

Financial Counselling Services

State Wide Financial Counselling / Emergency Relief / Low Income Support Program / Financial Counselling for those affected by Problem Gambling
Funding Source: State Government (LISP), Federal Gov – DSS
Service Area: Mount Gambier and Grant Regions

Care Ring

Daily telephone support for elderly or isolated people
Funding Source: City of Mount Gambier Council and Grant District Council
Service Area: Lower South East SA

Suicide Bereavement Support Group

A safe and confidential opportunity for people to talk about their grief to gain an understanding, and to learn from others. *There is also a monthly newsletter
Funding Source: City of Mount Gambier Council and Grant District Council

Mount Gambier Community Services Directory
The Junction, Mental Health Activity and Resource Centre Inc.
August 2014
24hr Telephone Crisis Support 13 11 14

Crisis support, information and referral service at the cost of a local call or free from mobiles

Funding Source: State Government and self-funded
Service Area: Nationwide
NGO/Gov: NGO
Client age range: 15+

Address: 5 Mark Street, Mount Gambier, SA. 5290
Contacts: Eve Barratt - CEO
Phone: (08) 87232299
Fax: (08) 87251200
Email: office@lifelinese.com.au or ebarratt@lifelinese.com.au
Website: www.lifeline.org.au/southeastsa

Limestone Coast Volunteer Services

provides a recruitment and referral service to Volunteer Organisations with current volunteer vacancies. We also provide Free Volunteer training workshops, resources, advocacy and support.
Those wishing to volunteer are referred to suitable organisations after a pre-entry interview and application process.
Application forms and current vacancy forms can be downloaded from the website or forwarded by e-mail and returned to the centre.

Address: Naracoorte Council Office, Degaris Place Naracoorte
Phone: (08)8760 1100
Fax: (08)8762 3139
Mobile: 0408 836 307
Email: jan.bittner@nlc.sa.gov.au
Website: www.volunteeringlimestonecoast.com.au
Hours: Monday to Thursday 9am-5.30pm.

Limestone Coast Migrant Resource Centre (LCMRC)

The Migrant Resource Centre of South Australia (MRCSA) is an independent, non-government peak settlement agency responsible for the settlement and participation of migrants and refugee entrants across all of South Australia. The MRCSA provides a broad range of settlement services to migrant and refugee new arrivals, most of who are in their first five years of settlement. These are aimed at assisting them to adjust to life in Australia, to link and engage with available services and supports to further their independence and participation in all spheres of community life. The Limestone Coast Migrant Resource Centre (LCMRC) delivers three main programs HSS, SGP and CAS/ASAS to assist settlement, alongside various support programs, enhancing settlement outcomes.

HSS: Pre-arrival coordination; on arrival reception, initial information and orientation; accommodation and household support; case coordination, information and referral; health referral and advocacy – focusing on early intervention; short term torture and trauma counselling; volunteer support.

SGP: Front counter services; youth specific services and support; women specific services and support; men specific services and support; seniors specific services and support; case work and case coordination and referral to other specialist MRCSA programs and external services; complex case work in partnership with other services for people at risk; free migration services; multilingual resource materials; group information sessions supporting client integration to Australian systems.

CAS/ASAS: The CAS and ASAS programs provide assistance to those on a bridging (or other) visa, living in the Australian community, who are currently in the process of having their visa status resolved. These programs facilitate services to these applicants through case worker assistance, provided by Migrant Resource Centre of SA (MRCSA), appointed by DIBP on behalf of the Australian Government.

Service Area: Limestone Coast, Mount Gambier, Naracoorte and Bordertown
NGO/Gov: NGO
Funding Source: Commonwealth/State
Client Age Range: 0-90 years

Address: 13 Eleanor Street Mount Gambier SA 5290
Contact: Anelia Blackie, Mount Gambier Manager
Phone: (08) 87264800
Fax: (08) 8725 1031
Email: anelia@mrcsa.com.au

Contact: Julie Burdett, Settlement Coordinator Naracoorte
Phone: (08) 87622955

Contact: Tracey Grosser, Multicultural Community Services Coordinator, Tatiara
Phone: (08) 87521000
Website: www.mrcsa.com.au

Migrant Services

Ferrers Medical Clinic

provides primary health care doctor consultations, supported by nurse led clinics, including asthma, chronic diseases, diabetes and immunisation. Appointments can be made by contacting the Clinic.

Address: 2-4 Wehl Street North Mount Gambier
Phone: (08) 87254261 Mon to Sat after 8am; Sun & Public Holidays after 9.30am.

Weekend consultations are for urgent matters only and can only be made on the day.

Hours:
• Monday to Friday 8-30am to 6-30pm
• Saturday 8-30am to 11-30am
• Sunday & Public Holidays 10am to 12-30pm.

Doctors are available Monday to Friday from 8-30am to 6-30pm subject to the availability of appointments. A duty doctor is available at the clinic for emergencies from Monday to Friday until 6-30pm. After 6-30pm and on weekends the duty doctor can be contacted by calling 0417863508.

Complex Case Support

Service that provides those people who have a Refugee or Humanitarian Visa and who have complex issues and high needs. A Case Manager is employed to provide information in relation to relevant community services and advocate on behalf of the client.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Federal Govt
Client age range: People with a Refugee or Humanitarian Visa

Address: 159 Commercial Street East, Mount Gambier SA 5290
Contact: Susan Chadwick
Phone: (08) 8723 1445
Email: schadwick@baptistcaresa.org.au
Website: www.baptistcaresa.org.au

Mount Gambier Community Centre

We are offering weekly (Thursday) classes ’Integrating Migrants into our Community’ where we offer classes in English, cooking, art as well as excursions into the community.
It's simply, just call the Mt Gambier Community Centre.

**Address:** 22 Ferrers Street Mount Gambier  
**Contact:** Viv Wilson or Sue Watt  
**Phone:** (08) 8723 0540 office hours 9am - 5pm Monday – Friday

**Bordertown Public Library**

Free access to Public Computers; Free WiFi; Photocopying - small charge; Scanning documents to email - 50c/page; Adult and Children’s Book and DVD loans - please show proof of current address to register as a borrower;
Rhyme time - Free for 0-3year olds and their parents Tuesdays 11am  
Story time - Free for 2-3 year olds and their parents Fridays 11am

**Visit the Library during opening hours**
Monday 9.30am - 5.30pm: Tuesday 9.30am-5.30pm: Wednesday 9.30am-6pm: Thursday 9.30am-6pm:  
Friday 9.30am-5.30pm: Saturday 9.30am-11.30am: Closed Sunday and Public Holidays

**Address:** Woolshed Street, Bordertown  
**Phone:** (08) 8752 1473  
**Email:** library@tatiara.sa.gov.au

**English Conversation Classes**

St. Andrews Presbyterian Church Hall  
1.00-3 00pm Sunday

**Address:** 6 Church Street Naracoorte  
**Contact:** Mrs. Patricia Leitch  
**Email:** pat.leitch@bigpond.com  
**Phone:** 0408 853 441

Mount Gambier Presbyterian Church  
10.00am -12.15pm every Friday during school terms

**Address:** 20 Allison Street Mount Gambier  
**Contact:** Mrs. Meredith Dent  
**Email:** office@mgpc.org.au  
**Phone:** 0427 872 596

**Australian Migration Options (AMO)**

is a migration agent consultancy firm assisting visa applicants/sponsors and proposers with visa applications or appeals to the Review Tribunal. We assist with family visas, refugee visas, protection visas, skilled and employer visas.

We are a commercial company but grew out of a community based consultancy and continue to work closely with community and ethnic organisations and groups like torture and trauma counsellors, Red Cross etc. We have Government funding under IAAAS to provide free information sessions to community groups and free one off advice (limited funding for the latter).

Referrals can be made by email or by phone. Please ensure email makes it clear that the inquiry is from Naracoorte/Mt Gambier region

Requests for free community information sessions can be made the same way; we change the content of the sessions to be relevant to the particular group/ ethnic background; we can also provide information sessions for BVE clients who arrived in Australia by boat.

We have offices in Adelaide, Salisbury, Marion Bay (York Peninsula) and Wagga Wagga. We plan to start monthly or bimonthly visits to Mt Gambier starting in June 2014

**Address:** Head office; Australian Migration Options  
Level 3/345 King William St Adelaide SA 5000
Mt Gambier address to be notified.

Contact: Libby Hogarth
Sarah Hogarth
Cath Lester
Phone: 08 8410 1248
Email: migration@migrationoptions.com.au

Tenison Catholic School

English Language Programs from Early Learning to Adults in a Catholic School setting:
- Migrant Adult Program: Work Ready English Tuition for adults who have completed AMEP and require support for English Development.
- Intensive English Language Program (IELP) for new arrival school students, reception to young adults including mainstream transition.
- Flexible Learning Program: Assisting IELP students to transition to further learning and work.

Contact: School Enrolment Officer who will direct enquiry to relevant staff 8.30am 4.30pm
Tracey Davey Enrolment Registrar/Office Manager
Address: Shepherdson Road Mount Gambier SA
Phone: (08) 8724 4641
Fax: (08) 8724 9303
Email: davet@tenison.catholic.edu.au
Website: www.tenison.catholic.edu.au

Mental Illness Fellowship of South Australia (MIFSA)

The Personal Helpers and Mentors (PHaMs) Program at MIFSA supports people whose lives are severely affected by mental illness. The program offers: support to manage and organise daily tasks, assistance with parenting and relationship issues; accessing community recreational activities; support with accessing housing; connecting with other services; and accessing appropriate clinical support.

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Gov
Client age range: 16+

Address: 12 Crouch Street South/PO Box 1146 Mount Gambier SA 5290
Contact: Ingrid Coombe Team Leader (PHaMs Program)
Phone: (08) 8723 6533
Fax: (08) 8723 6588
Email: ingrid@mifsa.org
Website: www.mifsa.org

Mind Australia

Mind Australia is a leading provider of community mental health services. Mind supports clients to live independent, productive and purposeful lives. Underpinning the work is a belief that it is possible for everyone to have a full and meaningful life, including people with severe and persistent mental health issues. For further information about Mind and its services, see contact details below.

Always in Mind (AIM) – Children, Young People and Families

Mind Australia offers an early intervention service targeting children and young people (0-18 years of age) are may be showing early signs of, or are at risk of mental ill-health.

Always in Mind works with children, young people and their families offering assessment of needs; information and referral to relevant services and therapeutic groups; home-based support; and practical daily living assistance.
Families are given intensive support to address issues that heighten the risk of future mental illness in children and young people, such as bullying, school transition, peer rejection, alienation, social isolation, attachment issues with family and low self-esteem.

For those who do not require intensive support, but would benefit from some information and referral advice, the Always in Mind team can provide short-term assistance.

The team also deliver community-wide mental health education and community development activities and event in Limestone Coast.

**Individual Psychosocial Rehabilitation and Support services (IPRSS)**

IPRSS is a recovery oriented rehabilitation and support service for people living with a mental illness. It is provided on a one-on-one basis in a person's home and local community. Support is tailored to suit the individual consumer and will increase or decrease in response to changing needs.

IPRSS is aimed at helping consumers of public mental health services who would like support to build the skills and confidence needed to live independently in the community. Support will vary according to the aims and needs of the consumer. IPRSS can provide assistance in the following areas:

- accessing suitable housing
- moving into accommodation
- developing daily living skills such as organising daily routine; cleaning and maintaining the home; managing finances and budgeting; shopping, meal planning and cooking
- accessing social and recreational activities in the community
- accessing education, training, or vocational activities including volunteer work
- accessing and gaining confidence using public transport
- support in developing a healthier lifestyle
- support in accessing any further assistance that may be required

For further information about Mind and referrals contact:

Mind Connect 1300 286 463 (1300 AT MIND)

Or email: mindconnectsa@mindauslalia.org.au

Or Fax: Referral to Mind Connect Secure Fax (08) 7200 3085

**Service area:** Adelaide, Mount Gambier  
**NGO/Gov:** NGO  
**Funding Source:** Gov  
**Client age range:** IPRSS – 18+, FMHSS – 0-18 years  
**Address:** 19 Glynburn Road, Glynde SA 5070 (State Office)  
15 James Street, Mount Gambier SA 5290  
**Phone:** (08) 8724 7368, 1300 286 463  
**Fax:** (08) 8723 9304  
**Email:** infoSA@mindauslalia.org.au  
**Website:** www.mindauslalia.org.au

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**Mount Gambier Child Care Centre**

Child care services.

**Service area:** Mount Gambier & District  
**NGO/Gov:** NGO - Community based Incorporated Organisation  
**Funding Source:** Fees  
**Client age range:** Six weeks – six years.
Mount Gambier Jubilee Community Care Inc.

As an initiative of Jubilee Christian Centre, we are committed to supporting, encouraging and building into the lives of those in our community.

At times situations arise which appear out of control, and often impact many areas of life. We offer a variety of services to help alleviate immediate distress as well as life skill programs to empower, bring fresh perspective and hope in seemingly hopeless situations. Free blankets and prescriptions for people on low income.

For information on any of the programs, contact our friendly team on (08) 8723 3823. Outside office hours (Tuesday & Wednesday, 10am-2pm), leave a message or visit our website.

Service area: South East of SA, but mainly Mount Gambier and districts
NGO/Gov: NGO
Funding Source: Jubilee Christian Centre
Client age range: all ages

Address: Cnr Hawkins Road and Jubilee Highway East (opposite Blue Lake Sports Park), Mount Gambier SA 5290
Contact: Vonnie Douglas, Director
Phone: (08) 8723 3823
Fax: (08) 8723 1448
Email: care@jccare.org.au
Website: www.jccare.org.au

OARS Community Transitions

Ex Custodial Specialist Homeless Service

Service area: South East of SA
NGO/Gov: NGO
Funding Source: Commonwealth/State joint government funding
Client age range: Men over 18 years

Address: 33 Percy Street Mount Gambier SA 5290
Contact: Glenn Matthews Senior Case Worker
Phone: (08) 8723 1844
Fax: (08) 8725 4707
Email: gmatthews@communitytransitions.com.au
Website: www.oars.org.au

Pangula Mannamurna Inc.

Pangula means medicine man, and Mannamurna means the joining of hands, or coming together. Pangula Mannamurna Inc. (PMI) is an Aboriginal Community-Controlled Health Service that is committed to empowering Aboriginal and Torres Strait Islander people to make informed decisions in regards to their physical, social, and emotional health and wellbeing. Pangula also works in partnership with other relevant stakeholders in the community to close the gap and inequities in health and quality of life.
PMI employs Aboriginal Health Workers, medical and nursing professionals, and provides health services that include chronic disease management (diabetes, hypertension) antenatal care, immunisations, counselling for drug and alcohol, mental health, social and emotion wellbeing support, advocacy, health education and referrals to other health services including dental, podiatry and eye clinics. PMI also provides Outreach health services to Bordertown, Millicent, Kingston and Naracoorte.

The service also provides broader programs to tackle the social determinants of health for youth, gym classes, strong fathers – men’s group, sisters healing together – women’s group, healing circles, early childhood workers – nunga playgroup, bringing them home program provides services and support to people affected by the Stolen Generation Policies.

The service is open Monday to Friday 9am – 4:30pm. Medical clinics are conducted daily, an afternoon clinic is available on Wednesdays, and outreach clinic is scheduled for Thursdays. Appointments can be booked for both doctor and nurse reviews.

Service area: South East of SA
NGO/Gov: Federal Gov
Funding Source: NGO
Client age range: Birth+

Address: 191 Commercial Street West/ PO Box 942, Mt Gambier SA 5290.
Contacts: Karen Glover, CEO
          Bec Harvey, Client Services Manager
Ph: (08) 8724 7270
Fax: (08) 8724 7378
Email: reception@pangula.org.au
Website: www.pangula.org.au

Regional Development Australia, WorkReady, Jobs First Employment Program

WorkReady is a South Australian government initiative that brings together funding for training, employment and skills activities. WorkReady is about targeting training and employment opportunities to the needs of people, strategic industries and regions.

Service area: Limestone Coast
NGO/Gov: Gov
Funding Source: Department of State Development
Client age range: 17+

Address: Career Development Centre, 15B James Street, Mount Gambier SA 5290
Contact: Maree Beale
Phone: (08) 87251471
Fax: (08) 8723 1286
Email: info@cdc.org.au
Website: www.skills.sa.gov.au

Riverland Division of General Practice- South East; ATAPS and MH
Shared Care with GPs

The programs provide early intervention mental health support and psychological therapies free to consumers and are recovery focussed. These services are not for crisis or acute care.

Access is predominately via GP referral on a booked appointment basis.

Consumers attend voluntarily and are required to be willingly and actively engage in their recovery.
Service area: South East of SA
NGO/Gov: NGO
Funding Source: State & Federal Gov
Client age range: All ages

Address: 3 Riverview Drive, Berri SA
Contact: Vicki Fabris, Program Support Officer
Phone: (08) 85823823
Fax: (08) 85825050
Email: vfabris@riverlandgp.org.au
Website: www.rdgp.org.au

Rural and Remote Distance Consultation and Emergency Triage and Liaison Service

The Rural and Remote Service (based at Glenside Campus) provides inpatient care and distance support for country people and mental health service providers.

The Rural and Remote Distance Consultation and Emergency Triage and Liaison Service is available 24 hours a day, seven days a week on 13 14 65. It is available to:

- community members
- primary care providers (such as community health, pharmacists)
- acute inpatient units
- non-government organisations
- general practitioners
- regional hospitals.

This service is staffed by mental health clinicians who triage admissions to the inpatient service and provide a comprehensive range of advice and support including access to psychiatrists.

The Rural and Remote Service also incorporates a telepsychiatry service which uses video conferencing to enable a person to remain in or close to their own community while receiving psychiatric consultations for initial assessment, discharge planning and ongoing treatment.

NGO/Gov: State Gov
Funding Source: State Gov
Address: Adelaide
Phone: (08) 8303 1139 (Rural and Remote Inpatient Unit)
(08) 8303 1348 (Telemedicine/Telepsychiatry Unit)
131465 (Emergency Triage and Liaison Service)

Salvation Army

The Salvation Army provides assistance during the following times:
- Tuesdays: 9am-3pm (not between 12.30-1.00)
- Wednesdays: 9am-12 noon
- Thursdays: 9am-3pm (not between 12.30-1.00)

Assistance is in the form of food parcels and vouchers, shoes (Spend Less Shoes), and vouchers for clothing and furniture at the Salvos Stores.

Service Area: Mount Gambier and Districts
NGO/Gov: NGO
Funding Source: Church & Gov
Client Age Range: All ages
South Australia Police, Limestone Coast Local Service Area

South Australia Police (SAPOL) provides a range of policing services 24 hours a day, seven days a week to keep South Australians safe.

SAPOL is headed by the Commissioner of Police, who reports directly to the Minister for Police, and comprises 6000 employees including:

- sworn police officers
- community constables
- protective security officers
- specialists and administrative staff
- volunteers.

We work to protect and reassure individuals and communities across the state through:

- advocacy
- education
- community engagement
- incident response
- investigation
- law enforcement
- prosecution
- victim support.

Core Services

- emergency assistance on 000
- non-urgent assistance on 131 444
- crime prevention
- child protection
- coordinating and managing emergency response
- responding to domestic violence
- undertaking police checks
- preventing vehicle crashes
- regulating road use
- registration and licensing of firearms
- administering expiation notices
- liquor licencing enforcement
- statewide security
- upholding the law

Service area: Limestone Coast
NGO/Gov: Gov
Funding Source: State Gov
Client age range: All ages

Police Emergency: 000
Police Assistance: 131444
Blue Light
The Noorla Yo-Long Blue Light Outdoor Adventure Program incorporates Youth Life Skill Development Programs & Adult development learning programs

Service Area: South Australia & Western Victoria
NGO/Gov: Gov. and Community
Funding Source: User pays fee for service
Client Age Range: Primary school children to adults

Address: Fosters Road, Rendelsham
Contact: Senior Constable Des Noll, Program Manager
Phone: (08) 8735 4337 or Mob 0408 899 396
Fax: (08) 8735 4329
Email: bluelight@activ8.net.au
Website: www.noorlayo-long.com.au

South East Community Legal Service (SECLS)
The South East Community Legal Service Inc. (SECLS) provides free legal advice, referral, information and assistance to disadvantaged residents of the South East of South Australia. Areas of law that SECLS provides advice on include: administrative law, bankruptcy, Centrelink matters, consumer credit, dealing with government departments, debts & debt collectors, discrimination, family law, motor vehicle accidents, police matters, police complaints, guardianship issues, tenancy for tenants and unfair dismissals for employees.

SECLS hours are 9.00am to 5.00 pm Monday, Wednesday, Thursday & Friday and Tuesdays from 9.00am to 1.00pm. Telephone appointments are available for clients who are unable to attend the Mt Gambier office or an outreach venue.

SECLS also has a legal education program for service providers and for clients. Please contact us if you would like us to present legal information for your group.

Service area: South East of SA. Office in Mount Gambier.
Outreach to Millicent, Naracoorte Mt Gambier Prison fortnightly.
NGO/Gov: NGO
Funding Source: Federal – Attorney General’s Department
Client age range: All

Address: 9 Penola Road Mount Gambier SA 5290
Phone: (08) 8723 6236 or 1300 369 236
Fax: (08) 8723 6232
Email: southeast_sa@clc.net.au
Website: www.secls.org

South East Disability Advocacy Service (SEDAS)
Advocacy – promotes needs and rights of people with a disability
– Referrals to other organisations

Service area: South East
NGO/Gov: NGO
Funding Source: Department of Families, Housing, Community Services and Indigenous Affairs
Client age range: Any

Address: 71 Suttontown Road/PO Box 1210 Mount Gambier SA 5290
Contact: David Shipton
South East Regional Community Health Service (SERCHS)

South East Regional Community Health Service provides allied health services, community nursing, aged care services, children’s health and development services, chronic conditions programs and home support including equipment loan for the people of the South East covering the South East Health Service Region.

Staff provide a wide range of direct care services, practical, educational and group programs designed to promote wellness; support those with acute, severe, chronic or life limiting conditions; assist the elderly and disabled and provide rehabilitation and restorative services to patients admitted to hospital, following admission to hospital, and designed to prevent hospital admission or reduce length of stay.

Through a primary health care philosophy and approach, its services are provided across the lifespan and across the continuum of health and community care, at the individual and community level, aiming to enhance health and promote independence and thus improve social inclusion and economic participation. Addressing the particular health needs of local Aboriginal and Torres Strait Islander people and new arrivals and resettled refugees is an ongoing priority as is the development and maintenance of partnerships and collaborative investment for better health and health care.

Service area: South East of SA
NGO/Gov: State Gov
Funding Source: State Gov
Client age range: All ages

Address: 276 – 300 Wehl Street North PO Box 267 Mount Gambier
Phone: (08) 8721 1460
Fax: (08) 8721 1461
Email: CHSAMtGambierSERCHSAdministration@health.sa.gov.au

Southern Region Community Corrections

Work to securely and humanely manage people ordered by the courts to serve a community based sanction and to provide them with opportunities to lead law-abiding and productive lives. The service aims to create a safer community by protecting the public and reducing re-offending. All clients are involuntary, and linked with the courts’ correctional system through being on parole, home detention, community service, bonds or bail conditions. Correctional Services’ workers engage with clients to ensure that court conditions are adhered to and goals completed within required time frames.

Service area: Lower South East of SA
NGO/Gov: State Gov
Funding Source: State Gov
Client age range: 18+ offenders

Address: 114 Commercial Street East Mount Gambier SA 5290
Contact: Mignon Bruce, Area Manager
Phone: (08) 8735 1900
Fax: (08) 8725 0923
Email: mignon.bruce@sa.gov.au
Website: www.corrections.sa.gov.au

St Vincent de Paul

Selling pre-loved clothes, furniture and bedding.
Food parcels on Wednesdays. Occasionally provide supermarket voucher. Christmas hampers.
Service Area: Mount Gambier & District
NGO/Gov: NGO
Funding Source: Catholic Church
Client Age Range: 0+
Address: 2 Crouch Street South Mount Gambier SA 5290
Contact: Carol Thompson
Phone: (08) 8724 9322
Fax: (08) 8725 6608

TAFE
Education and training.

Service area: TAFE Regional
NGO/Gov: GOV
Funding Source: Government and student payments
Client age range: 16+
Address: Wireless Road West/PO Box 1425 Mount Gambier SA 5290
Contact: Duty Worker
Phone: (08) 8735 1555
Fax: (08) 8735 1400
Website: www.tafesa.edu.au

Uniting Care Mount Gambier
As an outreach service of the Mount Gambier Uniting Church, Uniting Care works towards relieving poverty, suffering and other difficulties for people in Mount Gambier and surrounding areas. Services include an emergency assistance program, operating Mondays 11.00am – 2.30pm and Friday 1.30pm to 3.00pm, providing food parcels, vouchers, Christmas hampers and pre-prepared meals with the assistance of local community stores and food outlets; financial assistance in the purchasing of prescriptions and emergency only for fuel.

Service area: Mount Gambier & Districts
NGO/Gov: NGO
Funding Source: Church/Government/Local Community/Local Businesses
Client age range: All
Address: 26 Elizabeth Street PO Box 1119 Mount Gambier SA 5290
Contact: Beth McKay, Coordinator
Phone: (08) 8725 5377
Fax: (08) 8725 1062
Email: unitingcare_mtg@bigpond.com

Uniting Care Wesley Port Adelaide – South East Community Living
Mental Health programs supporting people to self-manage mental health conditions and live well in the community.

Service area: Limestone Coast region
NGO/Gov: NGO
Funding Source: Country Health SA
Client age range: 18-99
Address: 11 Wehl Street South Mount Gambier SA 5290
Contact: Sarah Lynn, Coordinator
Phone: (08) 8723 8600
Uniting Communities

Uniting Communities offers a range of services within the Lower Limestone Coast Region. At present we have 2 office locations for staff located in Mount Gambier including 1 Frewville Place (Therapeutic Youth Services) and 11 Wehl Street (Adult and Aged Care services).

Family counselling

Rhett, Therapeutic Youth Services Family Counsellor, works with young people and families to resolve conflict between a young person 12-17 years old and their parent/s or caregivers which has led to the young person being at risk of leaving home prematurely or having left home. If the young person has left home, Rhett can also work with the family to re-establish a positive, supportive relationship even if the young person is not going to return to reside in the family home.

When a young person is reluctant to engage at first, or sometimes at all, we are able to work just with the parent/s or other family members.

Rubys Reunification Program

Dee is the Coordinator of Rubys, providing Case Management and responsible for the accommodation component of the Rubys program. Essentially, the early intervention program helps young people (12-17) and their families to resolve conflict that could lead or has led to the young person leaving home prematurely, becoming homeless or being at imminent risk of becoming homeless.

Rubys enables the young person to reside some nights at our staffed house and some nights at home, whilst the family engages in counselling. Rubys staff assists young people with a range of living skills as well as working with them on the issues being addressed in counselling.

Tasja continues to provide support as Senior Coordinator to Rubys and to the wider Uniting Communities team across the two sites in Mt Gambier.

Sexual abuse counselling

Rhett provides a counselling, support and information service that works with young people 12-25 years old who are homeless or at risk of homelessness and are dealing with the effects of sexual abuse or sexual assault.

Service area: Limestone Coast region
NGO/Gov: NGO
Client age range: 12-25
Address: 1 Frewville Place Mount Gambier SA 5290
Contact: Office
(08) 8725 4383
Rhett
0417 037 551
RhettM@unitingcommunities.org
Dee
0409 289 056
deeq@unitingcommunities.org
Tasja
0419 238 716
TasjaB@unitingcommunities.org
**Aboriginal Community Connect**

Aboriginal Community Connect is a service providing a selection of treatment programs including counselling, case management, group therapies, outreach support and community based residential rehabilitation treatment for Aboriginal men and women 21 years of age and over who are experiencing significant Alcohol and Other Drug issues. Aboriginal Community Connect has a ‘No Wrong Door’ policy. Any person contacting the service will be provided with information and support.

**Service area:** Limestone Coast region

**Address:** 11 Wehl Street Mount Gambier SA 5290

**Contact:** 0428 969 691

**Email:** ConniB@unitingcommunities.org

**Commonwealth Home Support Service**

The Commonwealth Home Support Service employs Care Workers to provide Social Support, Domestic Assistance and Personal Care to those wishing to remain comfortable in their homes but require a little extra assistance to do so. The service is available for those in our community who are 65 or over or 50 and over for Indigenous Australians. We can assist with managing your household cleaning, laundry, shopping, showering or dressing, or simply help you maintain contact with your community via Social Support.

**Service area:** Limestone Coast region

**Address:** 11 Wehl Street Mount Gambier SA 5290

**Contact:** 0409 825 807

**Email:** nadinel@unitingcommunities.org

**University of South Australia**

The University of South Australia's new state of the art facilities at its Mount Gambier Campus offers a range of programs for study in the local area from Education, Nursing, Social Work and Foundation Studies. Study can be undertaken either full time or part time. Materials that students study at local campus is equivalent to city based programs. Students undertake the same assignments and exams, at the same time as city based students.

**Foundation Studies**

- One year fulltime (can be undertaken part time) fee free program;
- Provides an alternative method of entry into undergraduate degree programs for people 18 and over
- Prepares students for tertiary study
- Builds on existing knowledge and skills.

**Social Work**

- Bachelor of Social Work (4 years full time);
- Also available for external study;
- Prepares students for entry-level professional practice in social work;
- Provides a sound knowledge of the political, behavioural and social sciences;
- Prepares students for a range of professional social work job opportunities.

**Nursing**

- Bachelor of Nursing (pre-registration, 3 years full time);
- Provides students with extensive clinical practice opportunities in a variety of health care settings;
- Assists students to engage with contemporary nursing theory, research and evidence based practice;
- Graduates satisfy the academic requirements for registration with the Nursing and Midwifery Board of Australia.
**Education**
- Bachelor of Education (Primary) or (Early Childhood) (4 years full time);
- Prepares generalist primary teachers to teach across the core curriculum learning areas in schools from Reception to Year Seven; or from Birth to Year two.
- Graduates are able to apply for teacher registration in South Australia, interstate and in some overseas countries.

**Service area:** Australia wide, but mainly the Limestone Coast  
**NGO/Gov:** Gov  
**Funding Source:** Gov  
**Client age range:** 17+

**Address:** Wireless Road West Mount Gambier SA 5290  
**Contacts:** Mount Gambier Enquiries  
**Phone:** (08) 8721 8900  
**Fax:** (08) 8721 8951  
**Email:** mountgambier.enquiries@unisa.edu.au  
**Website:** www.unisa.edu.au/mountgambier

**Victim Support Service**
Victim Support Service Inc. (VSS) is a community based, not-for-profit organisation operating from eight offices across South Australia. Qualified professional staff provide a comprehensive range of services to individual victims of crime, their families, friends and the wider community. Services provided include: counselling; advocacy; information about Victims of Crime Compensation; court support; assistance and support for people who are engaging with the Royal Commission into Institutional Responses to Child Sexual Abuse; Staying Home Staying Safe a security upgrade program for women and children who have been affected by domestic or family violence; support groups; training and consultancy; and community education.

**Service area:** South East of SA, with a focus on Mount Gambier  
**NGO/Gov:** NGO  
**Funding Source:** Gov (Attorney General’s Department), Donations & Bequests  
**Client age range:** 18+

**Address:** 41 Bay Road (Court House building) Mount Gambier SA 5290  
**Contact:** Sonya Mezinec, Victim Support Coordinator  
**Phone:** (08) 8723 2968, Free call: 1800 VICTIM or 1800 842 846  
**Fax:** (08) 8723 1700  
**Email:** southeast@victimsa.org  
**Website:** www.victimsa.org

**WiseExpressions**
Private Practice; Generalist Social Work; Counsellor:
Sandra Seymour is a Social Worker with 14 years’ experience and owner of WiseExpressions. She works with people on the issues that are pressing in their lives using evidence based practice techniques including Acceptance and Commitment Therapy, Reflective Practice and Mindfulness

**Vision statement:** Mental fitness through Mindfulness, Resilience, Courage and Compassion for yourself and others.

**Mission statement**
WiseExpressions seeks to skill individuals, groups and organisation to achieving mental fitness to live well using current evidence based practice strategies of counselling. Increasingly people are seeking skills and knowledge on ways to improve their mental fitness and by extension the quality of their lives. Contemporary Australian society, cultural norms and mores, economic and social pressures place huge demands on individuals, professionals and organisations.
Seeking counselling is now seen as a strength in maintaining mental fitness. WiseExpressions provides counselling to individuals, professionals, groups and organisations on the Limestone Coast of South Australia to enhance mental fitness.

**Contact:** Sandi Seymour  
**Address:** Mount Gambier and Penola  
**Phone:** 0467 064 242  
**Website:** [www.wisewxpressions.net](http://www.wisewxpressions.net)