

# **LIMESTONE COAST**

## **Community Services**

### **Directory**

Latest update 21-1-2019

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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## **Homelessness Service**

Based at the Mount Gambier Community Centre and offering outreach services across the Limestone Coast

- Brokerage funds
- Crisis Accommodation in times of emergency
- Crisis support
- Early intervention advice and information
- Homeless Children's Support
- Intensive Tenancy Support helps to prevent eviction
- Outreach Support
- Referral to other services
- Supported Accommodation options
- Tenancy Education Program
- Wait-list support
- Youth transitional housing

## **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
- Reunification services

## **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
- accare'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.

## **Out of home Care (foster care)**

Phone 8724 9211

Based at White Avenue Mount Gambier

- Emergency Foster Care
- Long Term Care
- Respite Care
- Temporary /Short Term Care
- Therapeutic Care Homes

**Service area:** Limestone Coast, Murray lands, Riverland, Adelaide Hills

**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](mailto:care@accare.org.au)

**Website:** [www.accare.org.au](http://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:** [churcan@bigpond.net.au](mailto:churcan@bigpond.net.au)

**Website:**

## **Australian Red Cross**

- The Australian Red Cross is committed to helping those in need in our communities across the Limestone Coast.
- They operate a daily Phone Support Program, which is a short, 5 minute phone call to ensure clients are safe and engaged with their communities. They also run a longer duration service called 'Telechat' which matches clients & callers for a longer call.
- The Transport Service enables people, who are socially, financially or transport disadvantaged, to attend medical and social appointments.

- Their Social Support Program operates a Community Bus enabling people, who are socially, financially or transport disadvantaged, to shop or go on excursions in the South East and Western Victoria.
- The Home Support Program allows eligible clients who live in and around Mount Gambier, to access basic home maintenance jobs that need doing. For example, leaky taps, flywire repairs or light bulbs that need replacing.
- They also operate a Bus service that takes people wishing to visit the Mount Gambier Prison on weekends.
- Registrations for these services can be made over the telephone either by the client, a carer, social worker, doctor, family member or friend.
- Bookings need to be requested at least 48 hours in advance.

**Service area:** 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 - 49 Helen Street, Mount Gambier SA 5290  
**Contact:** Cathy Jones, Acting Community Development Officer  
**Phone:** (08) 8725 3622 or Free call 1300 851 898  
**Fax:** (08) 8723 9045  
**Email:** [cajones@redcross.org.au](mailto:cajones@redcross.org.au)  
**Website:** [www.redcross.org.au](http://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  
**Contact:** Leonie McEwen  
**Phone:** (08) 8723 1456  
**Email:** [lmcewen@baptistcaresa.org.au](mailto:lmcewen@baptistcaresa.org.au)  
**Website:** [www.baptistcaresa.org.au](http://www.baptistcaresa.org.au)

### *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](mailto:jryan@baptistcaresa.org.au)  
**Website:** [www.baptistcaresa.org.au](http://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](mailto:schadwick@baptistcaresa.org.au)  
**Website:** [www.baptistcaresa.org.au](http://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](mailto: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](mailto:tbowering@bedfordgroup.com.au)  
**Website:** [www.bedfordgroup.com.au](http://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](mailto:admin@burrandies.org)  
**Website:** [www.burrandies.org](http://www.burrandies.org)

## **Carers SA**

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. Carers SA provides support groups, one to one support, young carer program, carer counselling, advocacy, carer retreats, carer education and recreations workshops, support to access the NDIS and short term and emergency respite. Outreach services are provided across the Limestone Coast.

**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](mailto:respite@carers-sa.asn.au)  
**Website:** [www.carers-sa.asn.au](http://www.carers-sa.asn.au)



## Centacare Family Relationship and Children's Services

Centacare's services include counselling and support for adults, children, couples and families around relationship issues, 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.

Centacare also runs children and parenting support programs including parenting education groups, supported playgroups and other community based activities.

Counselling and mediation services charge a sliding scale of fees based on income.

All other services are cost free.

**Service area:** South East of SA  
**NGO/Gov:** NGO  
**Funding Source:** Co-funded by Centacare and Federal & State Govt  
**Client age range:** Families, men, women & children of all ages (counselling for school age and above)

**Address:** 13 Penola Road Mount Gambier SA 5290  
**Phone:** (08) 8724 0500  
**Fax:** (08) 8725 4940  
**Email:** [mountgambier@centacare.org.au](mailto:mountgambier@centacare.org.au)  
**Website:** [www.centacare.org.au](http://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](mailto:lcdvs@centacare.org.au)  
**Website:** [www.centacare.org.au](http://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](http://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](mailto: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 above call centre numbers or attend in person at the local Service centre.**

## 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](mailto: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](mailto: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](http://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](mailto:city@mountgambier.sa.gov.au)  
**Website:** [www.mountgambier.sa.gov.au](http://www.mountgambier.sa.gov.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, Employment Assistance Programs, Workcover, NDIS  
**Client age range:** 16+

**Address:** 50A James Street, Mount Gambier SA 5290  
**Contact:** Daniel Wakefield. Managing Director / Mental Health Clinician  
**Phone:** (08) 87 251843  
**Fax:** (08) 87259438  
**Email:** [admin@communitycounsellingandcare.com.au](mailto:admin@communitycounsellingandcare.com.au)  
**Website:** [www.communitycounsellingandcare.com.au](http://www.communitycounsellingandcare.com.au)

## Country Health Connect

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](mailto:CHSAMtGambierSERCHSAdministration@health.sa.gov.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](mailto: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](mailto:Mary.Castignani@sa.gov.au)  
**Website:** [www.decd.sa.gov.au](http://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](mailto:caroline.hill2@sa.gov.au)  
**Phone:** (08) 8721 1005  
**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](mailto:david.hill3@sa.gov.au)

## Disability Services SA, Department of Human Services

DSA assist people with disabilities and their families to access the services they need to live independently in the community. 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 is a National Disability

Service provider and 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, Limestone Coast Team Manager  
**Phone:** (08) 8735 1800  
**Fax:** (08) 8735 1733  
**Email:** [nikki.ling@dcsi.sa.gov.au](mailto:nikki.ling@dcsi.sa.gov.au)  
**Website:** [www.disability.sa.gov.au](http://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](mailto:jean.kerslake@health.sa.gov.au)

## Families SA/ Department of Child Protection

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

Connected Care Team B: Mary-Ann Pittard, Supervisor

Business Support Team: Tania Harrap, Business Manager

Financial Counselling and Support Program: Suzanne Roberts, Senior Financial Counsellor

Relative Care Support Workers: Nadine Serdarovic, Lisa Wheeler

**Phone:** (08) 8735 1700

**Fax:** (08) 8735 1755

**Toll Free:** 1800 800 747

**Website:** [www.families.sa.gov.au](http://www.families.sa.gov.au)

## 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:** [mountgambierfrfc@accare.org.au](mailto:mountgambierfrfc@accare.org.au)  
**Website:** [www.familyrelationships.gov.au](http://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 4<sup>th</sup> 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](mailto:limestonecoastfamilyviolenceactiongroup@gmail.com)  
**Website:** [www.limestonecoastfamilyviolenceactiongroup.org.au](http://www.limestonecoastfamilyviolenceactiongroup.org.au)

## FocusOne Health (formerly RDGP)

**- Psychological Therapies, Mental Health Coordinated Care, Healthy Eating and Lifestyle (HEAL) and Alcohol and Other Drug Counselling.**

### Mental health

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.

Our team of mental health professionals provide assessment, evidence-based interventions and therapeutic services to adults and children who either have a diagnosed mental health condition or are at significant risk of developing a mental health condition. Services are provided across a Stepped Model of Care, ensuring that the most appropriate service is provided to each client at the right time. FocusOne Health work closely with General

Practice and other key services, to link clients with other relevant services if appropriate. The team offer a range of 1:1 and group therapy services for the community across the Riverland, Limestone Coast & part of the Mallee.

### HEAL

A program designed for lifestyle modification, facilitated by university trained health professionals that supports participants to develop lifelong healthy eating and physical activity behaviours. Comprising of group exercise and

education sessions over an 8-week period; this program includes 1:1 health consultations to assess current health status, fitness, measure progress, plan appropriate exercise programs and provide ongoing support.

### Alcohol and Other Drug Counselling

Helping people to manage problematic substance use, our team consists of qualified Alcohol and Other Drug Clinicians who provide treatment and counselling services. The service is informed by evidence based practice, utilising models of good practice to improve psychological health and improve social functioning.

SMART Recovery Group available every Monday at 1:30pm at the FocusOne Health office.

More information available on the Limestone Coast Services Directory,

[www.limestone.servicesdirectory.org.au](http://www.limestone.servicesdirectory.org.au)

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

**Address:** 13a Sturt Street, Mount Gambier SA



**Contact:** Vicki Fabris, Program Support Officer  
**Phone:** (08) 87247696  
**Fax:** (08) 85825050  
**Email:** vfabris@focusonehealth.com.au  
**Website:** www.focusonehealth.com.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 to book an appointment. 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

[headspacemountgambier@unitingcommunities.org](mailto:headspacemountgambier@unitingcommunities.org).

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

**Address:** 171 Commercial Street East, Mount Gambier SA 5290  
**Phone:** (08) 8725 0433  
**Email:** [headspacemountgambier@unitingcommunities.org](mailto:headspacemountgambier@unitingcommunities.org)  
**Website:** [www.headspace.org.au](http://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  
**Contact:** Jenny Wakefield, Operations Manager  
**Email:** [Jennifer.wakefield@sa.gov.au](mailto:Jennifer.wakefield@sa.gov.au)  
**Website:** [www.sa.gov.au/housing](http://www.sa.gov.au/housing)

## Independent Learning Centre (ILC)

The ILC provides a flexible learning (SACE) option for identified disengaged high school students, with support to engage young people aged between 16 & 21 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:** 16-21

**Address:** 5 Percy Street Mount Gambier SA 5290  
**Contacts:** David Burt, Manager  
**Email:** [david.burt@sa.gov.au](mailto:david.burt@sa.gov.au)  
**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](mailto:traceyr@interwork.com.au)

## Junction (The)

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

The Junction consists of an activity centre in Mount Gambier, Mental Health Wellbeing Groups in Millicent and Penola. And Lifeboat.

The Junction is supported by CHSA Local Health Network Integrated Mental Health Services, Country Health Connect, 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 and mental wellbeing.

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 wellbeing is promoted by encouraging participants 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 other volunteers and professional workers. Should a participant 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:** Non  
**Client age range:** 18+

**Address:** 19 Ferrers Street/PO Box 1905 Mount Gambier SA 5290  
**Contact:** Nel Jans, coordinator  
**Phone:** 04-77886450  
**Fax:** N/A  
**Email:** [junctioncoord@gmail.com](mailto:junctioncoord@gmail.com)  
**Website:** [www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)  
[www.lifeboatse.com](http://www.lifeboatse.com)

## 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:** Timothy Brennan  
**Phone:** (08) 8725 8081, 0447 490 572  
**Fax:** (08) 8725 8072  
**Email:** [Timothy.Brennan@lwb.org.au](mailto:Timothy.Brennan@lwb.org.au)  
**Website:** [www.lwb.org.au](http://www.lwb.org.au)

## **Lifeline South East (SA) Inc.**

### ***Limestone Coast Regional Gambling Help Services***

Therapeutic and Financial Counselling

Referrals to SA Intensive Gambling Help Service - PsychMed

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

**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

Offers: - Financial Counselling, Education, Support, Resources, Information & Advocacy.

**Funding Source:** State Government (DCSI), Federal Gov – DSS

**Service Area:** Mount Gambier, Millicent and Naracoorte.

### ***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

### ***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@lifelines.com.au](mailto:office@lifelines.com.au) or [ebarratt@lifelines.com.au](mailto:ebarratt@lifelines.com.au)

**Website:** [www.lifeline.org.au/southeastsa](http://www.lifeline.org.au/southeastsa)

## **Limestone Coast Community Justice Centre**

The Limestone Coast Community Justice Centre provides free legal advice, referral, and ongoing casework to disadvantaged residents of the South East. Our Legal Service provides assistance in most areas of law including Family law, Criminal Law, Civil law including debt related matters, minor civil claims, motor vehicle accidents etc.

**Service area:** Limestone Coast. Office in Mount Gambier.

Outreach to Millicent, Naracoorte, Meningie, Bordertown, Penola and Kingston SE/Robe which will run weekly, fortnightly or monthly subject to demand.

**NGO/Gov:** NGO

**Funding Source:** Federal – Attorney General's Department

**Client age range:** All

**Address:** 8A Commercial Street West, Mount Gambier SA 5290  
**Phone:** (08) 8723 1396 or 1300 850 650  
**Fax:** (08) 8723 6232  
**Email:** [intake@lccjc.com.au](mailto:intake@lccjc.com.au)  
**Website:** [www.scjc.com.au](http://www.scjc.com.au)

## 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](mailto: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](http://www.mrcsa.com.au)

## 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](mailto:jan.bittner@nlc.sa.gov.au)  
**Website:** [www.volunteeringlimestonecoast.com.au](http://www.volunteeringlimestonecoast.com.au)  
**Hours:** Monday to Thursday 9am-5.30pm.

## Migrant Services

### **English Conversation Classes**

Mount Gambier Presbyterian Church  
10.00am -12.15pm every Friday during school terms  
**Address:** 20 Allison Street Mount Gambier  
**Email:** [office@mgpc.org.au](mailto:office@mgpc.org.au)  
**Phone:** (08) 87239028

### **Australian Migration Options (AMO)**

is a migration agent consultancy firm assisting visa applicants/sponsors and proposers with visa applications, cancellations and appeals to the Administrative Appeals Tribunal. We assist with all family visas, protection visas, TPV and SHEV visas, skilled and employer visas and other temporary 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 STTARS 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). Funding ceases on June 30<sup>th</sup> 2018 but we intend to continue to provide free information services. PLEASE RING US IF YOU ARE INTERESTED.

Referrals can be made by email or by phone. Please ensure email makes it clear that the inquiry is from Naracoorte/Mt Gambier region. **You can now book appointments for phone or skype interviews with a migration agent. Ring 08 8182 3021 to book. Free advice for health care card holders until funding ceases on June 30<sup>th</sup> 2018**

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, and York Peninsula.

**Address:** Head office; Australian Migration Options  
Suite 802, 147 Pirie Street, Adelaide SA 5000  
**Contact:** Libby Hogarth  
Sarah Hogarth  
Ruth Nowlan  
**Phone:** 08 81823021  
**Email:** [migration@migrationoptions.com.au](mailto: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](mailto:davet@tenison.catholic.edu.au)

**Website:** [www.tenison.catholic.edu.au](http://www.tenison.catholic.edu.au)

## 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 (FMHSS)***

Mind Australia offers an early intervention service targeting children and young people (0-18 years of age) who 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 events 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

Referrals are ONLY through the Community Mental Health Service

For further information about Mind and referrals contact:

Mind Connect **1300 286 463 (1300 AT MIND)**



Or email: [mindconnectsa@mindaustralia.org.au](mailto:mindconnectsa@mindaustralia.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@mindaustralia.org.au](mailto:infoSA@mindaustralia.org.au)  
**Website:** [www.mindaustralia.org.au](http://www.mindaustralia.org.au)

## 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.

**Address:** 3 Derrington Street Mount Gambier SA 5290  
**Contact:** Fiona Paltridge, Director  
**Phone:** (08) 8725 1133  
**Fax:** (08) 8725 2812  
**Email:** [mqccc@bigpond.com](mailto:mqccc@bigpond.com)  
**Website:** [www.mountgambierccc.com.au](http://www.mountgambierccc.com.au)

## 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](mailto:care@jccare.org.au)  
**Website:** [www.jccare.org.au](http://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](mailto:gmatthews@communitytransitions.com.au)  
**Website:** [www.oars.org.au](http://www.oars.org.au)

## Pangula Mannamurna Aboriginal Corporation

Pangula means medicine man, and Mannamurna means the joining of hands, or coming together. Pangula Mannamurna Aboriginal Corporation (PMAC) 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.

PMAC employs Aboriginal Health Workers and Practitioners, GP's, and Practice Nurses and Midwives. PMAC provides health services encompassing chronic disease management, antenatal care, immunisations, counselling for drugs and alcohol, mental health, social and emotion wellbeing support, advocacy, health education and referrals to other health services including dental, podiatry and eye clinics. PMAC also provides outreach health services to Bordertown, Millicent, Kingston and Naracoorte.

Broader programs also operate at PMAC aimed at tackling the social determinants of health for all the community such as: strong fathers, healing circles, early childhood workers at our Nunga playgroup, supportive sistas, and plays host to smart recovery groups.

The service is open Monday 9am – 6pm and Tuesday to Friday 9am – 5pm. Medical clinics are conducted daily with outreach clinics on Wednesdays and Thursdays throughout the month. Appointments can be booked for both the GP and Nurse/Midwife 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:** Andrew Birtwistle-Smith, CEO  
Narelle Winterfield, Clinical Services Manager  
**Ph:** (08) 8724 7270  
**Fax:** (08) 8724 7378  
**Email:** [reception@pangula.org.au](mailto:reception@pangula.org.au)  
**Website:** [www.pangula.org.au](http://www.pangula.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)

## 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

## The 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  
**Address:** Cnr Wyatt & Gray Streets Mount Gambier SA 5290  
**Contact:** Major Pam Marshall, Commanding Officer  
 Ria Wehrmann, ER Worker  
**Phone:** (08) 8725 9900  
**Fax:** (08) 8723 1383  
**Email:** pam.marshall@aus.salvationarmy.org

ria.wehrmann@aus.salvationarmy.org  
[www.salvationarmy.org.au](http://www.salvationarmy.org.au)

**Website:**

## 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

<b>Service area:</b>	Limestone Coast	
<b>NGO/Gov:</b>		Gov
<b>Funding Source</b>	State Gov	
<b>Client age range:</b>	All ages	
<b>Police Emergency</b>	<b>000</b>	
<b>Police Assistance</b>	<b>131444</b>	

## 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](mailto:bluelight@activ8.net.au)  
**Website:** [www.noorlayo-long.com.au](http://www.noorlayo-long.com.au)

## Skylight

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](mailto:ingrid@mifsa.org)  
**Website:** [www.mifsa.org](http://www.mifsa.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:** SEDAS is a branch office of DRAS Inc which is part of the Australian Network of Disability Advocacy Services funded by the Australian Government  
**Client age range:** Any

**Address:** PO Box 1210 Mount Gambier SA 5290  
**Contact:** David Shipton. Monday-Wednesday 9am-5pm, Thursdays 9am-12pm  
**Phone:** (08) 8723 6002/04 27236002  
**Email:** [dshipton@dras.org.au](mailto:dshipton@dras.org.au)  
**Website:** [www.sedas.org.au](http://www.sedas.org.au) or Visit us on FaceBook - search SEDAS

## Southern Region Community Corrections

The Department for Correctional Services has an important role in the criminal justice system in South Australia. This is reflected in the Department's vision for:

*"A safer community by protecting the public and reducing re-offending."*

Our mission is to **'contribute to public safety through the safe, secure and humane management of offenders and the provision of opportunities for rehabilitation and reintegration.'**

### OUR VALUES

- Honesty and Integrity
- Professionalism and Accountability
- Being Socially Responsible
- Ethical and Respectful Behaviours
- Equity, Diversity and Cultural Inclusion
- Courage and Tenacity
- Service

The Department for Correctional Services is committed to achieving identified outcomes for its stakeholders, including the community, the South Australian Government, Courts, Parole Board and victims of crime.

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](mailto:mignon.bruce@sa.gov.au)  
**Website:** [www.corrections.sa.gov.au](http://www.corrections.sa.gov.au)

## StandBy Support after Suicide

StandBy Support After Suicide is a national, federally funded, free service currently operating in several regions across Australia. Uniting Communities provides the service to the whole of SA Country. StandBy is a suicide bereavement response service that provides a 24-hour coordinated community crisis response to families, friends and associates who have been bereaved through suicide.

StandBy is a service available to people, families, friends, associates, witnesses, schools, workplaces, groups and individuals, emergency and community responders and whole communities affected by suicide.

This service is available to people bereaved by a recent or past suicide. Because people grieve in very different ways, support services may not be required for many weeks, months or even years in some cases. Whenever help is needed StandBy will be there to provide support and assistance.

StandBy also offer educational workshops and professional development training sessions for community or workplaces. There is no cost for these.

24/7 telephone contact 0437 752 458

## 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](http://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  
**Phone:** (08) 8725 5377  
**Fax:** (08) 8725 1062  
**Email:** [unitingcare\\_mtg@bigpond.com](mailto:unitingcare_mtg@bigpond.com)

## Uniting SA

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  
**Email:** [slynn@ucwpa.org.au](mailto:slynn@ucwpa.org.au)  
**Website:** [www.ucwpa.org.au](http://www.ucwpa.org.au)

## 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 the accommodation component of the 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**  
0409289056  
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](mailto: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](mailto:nadinel@unitingcommunities.org)

## **University of South Australia**

The University of South Australia's state of the art high technology facilities at its Mount Gambier Campus offers a range of programs for study in the local area together with exceptional facilities for use by community and industry organisations.

Study can be undertaken in Mount Gambier either full time or part-time in a range of outstanding UniSA programs. UniSA's Mount Gambier Campus facilities are also available to access by UniSA external students and those studying through UniSAOnline.

UniSA Mount Gambier's facilities may be hired by community and industry groups for meetings, workshops and other functions.

Programs currently available on-campus at our Mount Gambier Campus:

### ***Aboriginal Pathways Program***

- Eighteen months fulltime (can be undertaken part-time) currently fee-free program.
- Provides an alternative method of entry into undergraduate degree programs for Aboriginal and Torres Strait Islander people 17 and over.
- Prepares students for tertiary study.
- Builds on existing knowledge and skills.
- Provides a high level of individual support

### ***Education***

- Bachelor of Education; Primary or Early Childhood (4 years full time);
- Prepares generalist primary and early childhood teachers to teach the core curriculum learning areas in schools from Reception to Year Seven, or from Birth to Year two.
- Graduates can apply for teacher registration in South Australia, interstate and in some overseas countries.

### ***Foundation Studies***

- One year fulltime (can be undertaken part-time) currently a 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.

### ***Midwifery***

- Bachelor of Midwifery (pre-registration, 3 years full time);



- Registered Nurses receive significant credit when commencing Midwifery
- Taught externally with all practical/clinical components undertaken on Mount Gambier Campus
- Provides students with extensive clinical practice opportunities;
- Assists students to engage with contemporary midwifery theory, research and evidence-based practice;
- Graduates satisfy the academic requirements for registration with the Nursing and Midwifery Board of Australia.

## 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.

## 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.

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

**Address:** UniSa Mount Gambier Campus Wireless Road West Mount Gambier SA 5290  
**Contacts:** Campus - Ian McKay, Regional Manager  
 Future Students – 08 8302 2376  
**Phone:** UniSA Mount Gambier (08) 8721 8900  
**Email:** General Campus Enquiries [mountgambier.enquiries@unisa.edu.au](mailto:mountgambier.enquiries@unisa.edu.au)  
 Regional Manager [ian.mckay@unisa.edu.au](mailto:ian.mckay@unisa.edu.au)

**Website:** [www.unisa.edu.au/mountgambier](http://www.unisa.edu.au/mountgambier)

**Facebook:** [@UniSAMountGambier](https://www.facebook.com/UniSAMountGambier)

**Instagram:** [unisamountgambier](https://www.instagram.com/unisamountgambier)

**Twitter:** [@IanMcKayUniSaA](https://twitter.com/IanMcKayUniSaA)

## 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; Women's Domestic Violence Court Assistance Service assisting women victims of domestic violence with Intervention Order and tenancy dispute matters; support groups; training and consultancy; and community education.

**Service area:** Limestone Coast Region, office in 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 Meziniec, Victim Support Coordinator

Phone: (08) 8723 2968, Free call: 1800 VICTIM or 1800 842 846  
 Email: [southeast@victimsa.org](mailto:southeast@victimsa.org)  
 Website: [www.victimsa.org](http://www.victimsa.org)

## Wesley Social Enterprises / UnitingSA

**Wesley Social Enterprises Inc** - Australian Disability Enterprise (ADE) incorporating "Grandma's Pantry" & the "Kingston Lawn Rangers". Supported Employment. Self Referral & Centrelink Referral. Dept Social Services / NDIS

## Useful numbers and websites and apps IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
Emergency Triage and Liaison Service	24 hour crisis & emergency assistance	13 14 65
Lifeline Australia	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a> Online Chat Available 7pm – 4am Daily	13 11 14
StandBy Support after Suicide	<a href="http://www.unitingcommunities.org/find-a-service/services/standby-response-service/">http://www.unitingcommunities.org/find-a-service/services/standby-response-service/</a>	0437 752 458 Mount Gambier
Suicide Call Back Service	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a> Video Counselling Available 24/7	1300 659 467
Kids Helpline	<a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a>	1800 551 800

Youth Healthline		1300 131 719
Men's Line	<a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> Online & Video Counselling Available	1300 789 978
Parents Helpline		1300 364 100
Beyond Blue	<a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a> Online Chat 3pm – 12 am Daily	1300 224 636
Headspace	<a href="http://www.headspace.org.au/">http://www.headspace.org.au/</a> Online Chat Available	1800 650 890
Qlife	<a href="https://qlife.org.au/">https://qlife.org.au/</a> Online Chat Available	1800 184 527
Reach Out	<a href="http://au.reachout.com/">http://au.reachout.com/</a>	
Conversation Matters	<a href="http://www.conversationsmatter.com.au/">http://www.conversationsmatter.com.au/</a>	
R U OK?	<a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a>	
Child & Adolescent Mental Health Service ; Women's & Children's Health Network		08 8724 7055 Mount Gambier
Hope for Life		1300 467 354
Counselling on line	Drug & Alcohol Counselling, information and support <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	1800 888 236
Alcohol and Drug Information Service		1300 13 13 40
Sane Australia	<a href="http://www.sane.org">www.sane.org</a>	1800 18 7263
ReachOut	<a href="http://www.reachout.com.au">www.reachout.com.au</a>	1800 858 858
7 Cups of tea	one-on-one health & wellbeing chat service <a href="http://www.7cupsoftea.com">www.7cupsoftea.com</a>	
Healthdirect		1800 022 222
Quitline		13 78 48
COMMUNITY SERVICES DIRECTORY	<a href="http://www.limestone.servicesdirectory.org.au/">www.limestone.servicesdirectory.org.au/</a> to find the different services in the Limestone Coast region	

# Useful Apps



**BeyondNow** – available on Android & Apple devices

Convenient & confidential, suicide safety plan to assist you through tough moments with things such as thinking about your reasons to live, distracting yourself with enjoyable activities, coping strategies & people you can contact for support – your friends, family and health professionals.



**MyCalmBeat** – available on Android & Apple devices

Brain Exercises that helps improve your ability to manage stress through slow breathing.



**Smiling Mind** – available on Android & Apple devices

Modern meditation, a unique web & app-based program developed by psychologists & educators to help bring balance to people's lives.



**iCope** – available on Android devices

Automatically sends inspirational messages & reassuring statements, in your own words, to help you cope when you need it most.



**MyMoodTracker** – available on Apple devices

The fun yet powerful design will help you understand what causes your emotions to change, & get you on the path to feeling good.



**Diary – Mood Tracker** – available on Android devices

Record moods & activities with statistical charts to help you understand your habits and mood patterns.



**Buddhify** – available on Android & Apple devices

Mindfulness-based meditation to help you de-stress, sleep better, and bring more awareness & compassion to all parts of your life.