

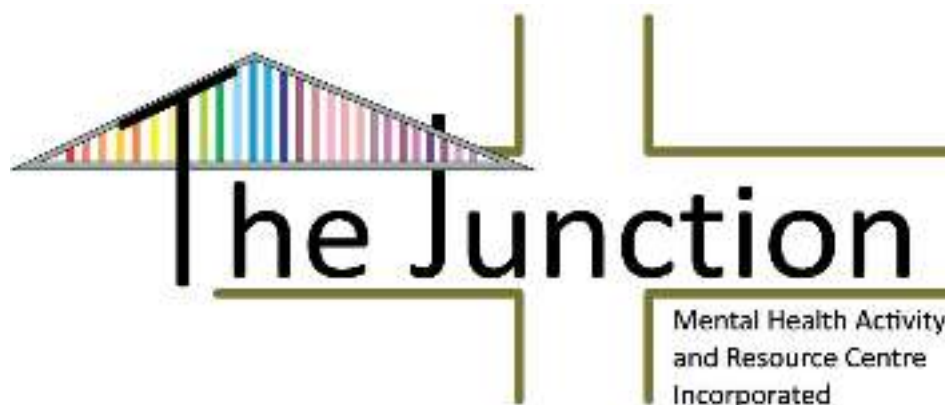
Limestone Coast

Community Services

Directory

Updated: 31 May 2021

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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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ac.care

Service Area: Limestone Coast, Murraylands, 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

MOUNT GAMBIER SA 5290

Postal Address:

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

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

Phone (08) 8721 3500 / 1800 880 913

Based at the Family Relationship Centre 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 (08) 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 (08) 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.

Out of Home Care (Foster Care)

Phone (08) 8724 9211

Based at: White Avenue MOUNT GAMBIER SA 5290

- Emergency foster care
- Long term care
- Respite care
- Temporary /short term care
- Therapeutic care homes

Anglican Church

Emergency assistance to those in need via food parcels, available: 10.00am-12.30pm 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

Australian Migrant Resource Centre (AMRC)

The Australian Migrant Resource Centre (AMRC) is an independent, non-government peak settlement agency responsible for the settlement and participation of migrants and refugee entrants across South Australia. The AMRC 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 AMRC delivers three main programs – HSP (Humanitarian Settlement Program), SETS (Settlement Engagement and Transition Support), NDIS and SIS (Specialised and Intensive Services) to assist settlement alongside various support programs, enhancing settlement outcomes.

- HSP: Pre-arrival coordination; on arrival support, initial information and orientation; case coordination, information and referral; health referral and advocacy – focusing on early intervention and counselling; volunteer support.
- SETS: Front counter services; youth, seniors, men and women specific services and support; case work and case coordination and referral to other specialist AMRC programs and external services.
- SIS: Complex case work in partnership with other services for people at risk.
- NDIS: Support coordination and advocacy for migrants and refugees living with disabilities.

Service Area: 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: Mount Gambier Manager, Anelia Blackie
Phone: (08) 8726 4800
Fax: (08) 8725 1031
Email: anelia@amrc.org.au
Contact: Naracoorte and Bordertown Manager, Frances Kirby
Phone: (08) 8762 2955
Website: www.amrc.org.au

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.

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.

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.

Learner Driving Programme for socially and financially disadvantaged people in our community. Before joining with this programme the requirements are obtained learners permit, 3 hours of professional driving lesson plus 15 hours of supervised driving lessons.

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: 18+

Address: Regional Office:
49 Helen Street
MOUNT GAMBIER SA 5290

Contact: Client Support Officer, Gissy George

Phone: (08) 8725 3622

Free Call: 1300 851 898

Fax: (08) 8723 9045

Email: grgeorge@redcross.org.au

Website: www.redcross.org.au

Baptist Care (SA)

Tumbelin AoD Adventure 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 Gov

Client Age Range: 13-18 youth

Address: 159 Commercial Street East
MOUNT GAMBIER SA 5290

Contact: Lucy Chan

Phone: (08) 8723 1445

Email: lchan@baptistcaresa.org.au

Website: www.baptistcaresa.org.au

Flexible Learning Options

Supporting high school students to achieve learning outcomes towards SACE or alternative pathways to training and employment.

Service Area: South East of SA

NGO/Gov: NGO

Funding Source: State Govt

Client Age Range: Secondary School

Address: 159 Commercial Street East
MOUNT GAMBIER SA 5290

Contact: Nerissa Tiss

Phone: (08) 8723 1445

Email: yets@baptistcaresa.org.au

Website: www.baptistcaresa.org.au

Youth Mentoring Service

Mentoring for young people under the guardianship aged 6 to 17 years old promoting engagement through development of positive relationships and connections in their community. Fee for service options available for all students.

Service Area: South East of SA

NGO/Gov: NGO

Funding Source: State Gov

Client Age Range: 6-17 years

Address: 159 Commercial Street East
MOUNT GAMBIER SA 5290

Contact: Area Manager

Phone: (08) 8723 1445

Email: jmerrett@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

Postal Address:

PO Box 802
MOUNT GAMBIER SA 5290

Contact: Personnel Officer, Patrick Golding

Phone: (08) 8725 6088

Fax: (08) 8725 9250

Email: pgolding@bedfordgroup.com.au

Millicent:

Address: 14-18 George Street
MILLICENT SA 5280

Contact: Personnel and Training Officer, Tara Bowering

Phone: (08) 8733 2966

Fax: (08) 8733 4194

Email: tbowering@bedfordgroup.com.au

Website: www.bedfordgroup.com.au

Burrandies Aboriginal Corporation

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

Postal Address:

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

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.

Carers SA

Support for people who provide unpaid care and support for someone who has a disability, mental illness, chronic condition, terminal illness, drug or alcohol issue, or who is frail. Carers SA can connect carers to services to support them in their caring role. This may include carer support planning, counselling, emergency respite, peers support groups, facilitated carer coaching or carer directed supports.

Online services through the Carer Gateway include phone counselling, online peer connect forums, self-guided coaching, skill courses and information.

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: 12 Crouch Street South
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 145
MOUNT GAMBIER SA 5290

Contacts: 1800 422 737 (Carers SA 9am-5pm weekdays/ Carer Gateway AHs)

Email: info@carerssa.com.au

Website: www.carersa.com.au

Carer Gateway:

www.carergateway.gov.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) 8303 6630

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

Postal Address:

PO Box 1682
MOUNT GAMBIER SA 5290

Contact: Susie Smith

Phone: (08) 8303 6640

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.servicesaustralia.gov.au

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

Older Australians 13 2300
Disability Sickness and Carers 13 2717
Jobseekers 13 2850
Families and Parents 13 6150
Youth and Students 13 2490
Indigenous Call Centre **Freecall: 1800 136 380** (from a landline)

For stakeholder/interagency contacts:

Contact: Manager, Vinny Cutting
Phone: (08) 8726 0906
Email: vinny.cutting@servicesaustralia.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
MOUNT GAMBIER SA 5290

Postal Address:
PO Box 642
MOUNT GAMBIER SA 5290

Contact: Manager, Rita Zaccardo
Phone: (08) 8724 7055
Fax: (08) 8723 2610
Email: Rita.Zaccardo@sa.gov.au
Website: 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 Heriot Street
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 1206
MOUNT GAMBIER SA 5290

Contact: Telephone or attend clinic

Appointment Number: 1300 733 606

Phone: (08) 8725 0705

Fax: (08) 8723 1955

Website: www.cyh.com

Child Support Agency

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

Service Area: Australia (no face to face/telephone service in Mt Gambier)

NGO/Gov: Fed Gov- Services Australia

Funding Source: Fed Gov

Client Age Range: 18+

Contact: Child Support

Phone: 13 1272

Website: www.servicesaustralia.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
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 56
MOUNT GAMBIER SA 5290

Phone: (08) 8721 2555

Mount Gambier Library: (08) 8721 2540

The Riddoch Arts & Cultural Centre: (08) 8721 2563

Mount Gambier Visitor Centre: (08) 8724 9750

Email: city@mountgambier.sa.gov.au

Website: 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: Managing Director/Mental Health Clinician, Daniel Wakefield

Phone: (08) 8725 1843

Fax: (08) 8725 9438

Email: admin@communitycounsellingandcare.com.au

Website: 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
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 267
MOUNT GAMBIER SA 5290

Phone: (08) 8721 1460**Fax:** (08) 8721 1461**Email:** CHSAMtGambierSERCHSAdministration@health.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
- Teleconferencing available for clients outside of Mount Gambier through their local hospital
- Telephone counselling for people living in isolated areas
- Home-based withdrawal

Service Area: South East of SA**NGO/Gov:** State Gov**Funding Source:** State Gov**Client Age Range:** 10+**Contact:** Clinical Practice Consultant, Jean Kerlake available Monday, Tuesdays and Wednesdays.

Community Health Clinical Nurse, Katie Cope available Thursdays and Fridays

Phone: (08) 8721 1507**Fax:** (08) 8721 1508**Email:** jean.kerlake@health.sa.gov.au**Disability Rights Advocacy Service (DRAS)**

Disability Rights Advocacy Service promotes needs and rights of people with a disability and referrals to other organisations.

Service Area: South East**NGO/Gov:** NGO**Funding Source:** DRAS is part of the Australian Network of Disability Advocacy Services funded by the Australian Government**Client Age Range:** Any**Postal Address:**

PO Box 1210
MOUNT GAMBIER SA 5290

Contact: Narelle Probert. Tuesday, Wednesday, Thursday 9am-5pm.**Phone:** (08) 8351 9500 (Office)**Mobile:** 0497 316 538**Email:** nprobert@dras.com.au**Website:** www.dras.com.au**Social Media:** search DRAS

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.

Intake and Assessment Team: Lisa Ransom, Supervisor

Reunification Team: Leesa Scanlon, Supervisor

Connected Care Team A: Supervisor, Krystal Polak

Connected Care Team B: Supervisor, Mary-Ann Pittard

Business Support Team: Business Manager, Tania Harrap

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

Relative Care Support Workers: Nadine Serdarovic and Lisa Wheeler

Service Area: South East of SA

NGO/Gov: Gov

Funding Source: Gov

Client Age Range: 0-18

Address: 9 Elizabeth Street
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 1160
MOUNT GAMBIER SA 5290

Contacts: Manager, Allen March

Phone: (08) 8735 1700

Fax: (08) 8735 1755

Free Call: 1800 800 747

Website: 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 youth 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 the Preservation and Reunification 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: All ages

Address: 1 Helen Street Cnr Bay Road and Helen Street
MOUNT GAMBIER SA 5290

Postal Address:

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 3rd WEDNESDAY of the month at 12.00 p.m.

New members welcome.

Service Area: Limestone Coast Region

NGO/Gov: Not for profit

Funding Source: Not for profit

Address: N/A

Contact: Secretary, Katherine Davies

Phone: (08)) 8723 1396

Email: limestonecoastfvag@gmail.com

Website: <https://www.lcfvag.org.au/>

FocusOne Health

Psychological Therapies, Mental Health Shared Care, Clinical and Care Coordination, Low intensity CBT, 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.

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. During the COVID19 Pandemic face to face services have continued. Screening questions are asked upon arrival at the agency.

More information available on the Limestone Coast Services Directory:

www.limestone.servicesdirectory.org.au

Service Area: Limestone Coast region of SA.

NGO/Gov: NGO

Funding Source: State & Federal Gov

Client Age Range: Over 16 years

Address: 13a Sturt Street
MOUNT GAMBIER SA 5290

Phone: (08) 8724 7696

Fax: (08) 8582 5050

Email: info@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, email 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:

Phone: (08) 8725 0443

Email: 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
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
NGO/Gov: Gov (South Australian Housing Authority)
Funding Source: State Gov
Client Age Range: 16+ with independent income
Address: 9 Elizabeth Street
MOUNT GAMBIER SA 5290
Postal Address:
PO Box 405
MOUNT GAMBIER SA 5290
Phone: 13 1299
Fax: (08) 8735 1733
Contact: Jenny Wakefield, Operations Manager
Email: Jennifer.wakefield@sa.gov.au
Website: www.sa.gov.au/housing

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 SA 5290
Contact: Timothy Brennan
Phone: (08) 8725 8081
Mobile: 0447 490 572
Fax: (08) 8725 8072
Email: Timothy.Brennan@lwb.org.au
Website: www.lwb.org.au

Lifeline South East (SA) Inc.

Limestone Coast Regional Gambling Help Services

- Gambling Counselling
- Financial Counselling
- Resources / Information / Support for anyone affected by Problem Gambling
- Facilitation of Independent Gambling Authority Barrings / SATAB Barrings /Tatts Lotteries self-exclusion
- Referrals to SA Intensive Gambling Help Service

Funding Source: Gamblers Rehabilitation Fund - State Government (DHS), Office for Problem Gambling

Service Area: Limestone Coast Region

Financial Counselling Services

- State wide Financial Counselling
- Low Income Support Program
- Financial Counselling for those affected by problem gambling
- Financial Counselling for those affected by bushfires

Providing information, advocacy, and support for people experiencing financial difficulties.

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

24/7 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: Coordinator, Jeff Hodge
Phone: (08) 8723 2299
Fax: (08) 8725 1200
Email: office@lifelines.com.au or
jhodge@lifelines.com.au
Website: www.lifeline.org.au/south-east-sa

Limestone Coast Community Justice Centre

Community Justice Services SA trading as 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 and Civil Law.

Service Area: Limestone Coast Region.

Outreaches to: Millicent, Naracoorte, Bordertown, Penola and Kingston SE/Robe which will run 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

Free Call: 1300 850 650 (from a landline)

Fax: (08) 8723 1405

Email: limestone@communityjustice.org.au

Website: www.communityjusticesa.org.au

Limestone Coast Local Health Network Integrated Mental Health Services

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

24/7 Mental Health Support: [Rural and Remote Distance Consultation and Emergency Triage and Liaison Service](#)

Limestone Coast Volunteer Service

Limestone Coast Volunteer Service encourages, supports both Volunteers and Volunteer Managers in the region.

The services provides FREE volunteering referral and information to connect people to volunteering opportunities, community projects and organisations close to their hearts and home.

The service is hosted by Naracoorte Lucindale council, operates across the region. The program is federally funded by Department of Social Services.

Contact: Limestone Coast Volunteer Service Coordinator, Caroline

Phone: (08) 8760 1100

Email: lcvolunteers@nlc.sa.gov.au

Website: www.lcvolunteers.com.au

Social Media: lcvolunteer

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.

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

Always In Mind 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
- 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 orientated 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

NGO/Gov: NGO

Funding Source: Gov

Client Age Range: IPRSS – 18+, FMHSS – 0-18 years

Address: 15 James Street
MOUNT GAMBIER SA 5290

Address (State Office):
19 Glynburn Road GLYNDE SA 5070

Phone: 1300 286 463

Email: mindconnect@mindaustralia.org.au

Website: www.mindaustralia.org.au

Mount Gambier and District Suicide Prevention Network

The Mount Gambier & Districts Suicide Prevention Network is made up of volunteers from across our community.

Our aim is to empower our community through public awareness campaigns, education and promotion of local services, to foster resilience and knowledge to improve our own emotional wellbeing and help others.

New members are always welcome.

Service Area: City of Mount Gambier & District of Grant Council areas

NGO/Gov: Not for profit

Funding Source: Grants, Fundraising & Donations

Address: Lifeline Building
MOUNT GAMBIER SA 5290

Contact: Secretary, (Ms) Sam Benton

Phone: 0401877312

Email: mtgdspn@gmail.com

OARS/Community Transitions

Community Transitions

Don't Become That Man

Service Area: Statewide

NGO/Gov: NGO

Funding Source: Commonwealth/State joint government funding

Client Age Range: Men over 16 years

Address: N/A

Contact: Intervention Counsellor, Shae Kleinig

Phone: 1300 24 34 13

Email: DBTM@communitytransitions.com.au

Website: www.dontbecomethatman.org.au

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: Senior Case Worker, Glenn Matthews

Phone: (08) 8723 1844

Fax: (08) 8725 4707

Email: gmatthews@communitytransitions.com.au

Website: 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
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 942
MOUNT GAMBIER SA 5290

Contacts: CEO, Andrew Birtwistle-Smith
Clinical Services Manager, Narelle Winterfield

Phone: (08) 8724 7270

Fax: (08) 8724 7378

Email: reception@pangula.org.au

Website: www.pangula.org.au

Rebuild – Counselling for Victims of Crime

Rebuild provides trauma-based counselling and peer support to adult and child victims of crime as they move through the criminal justice process.

What the service provides:

- Professional trauma-informed counselling across the four stages of the criminal justice process: reporting and investigation; trial; sentencing; parole and release
- Information about the impacts of trauma, and help with skills and strategies to manage these
- Information and support to access other services if required
- Access to interpreting and cultural translation services, if needed to use our service
- Child-focused service delivery
- Liaison with the Commissioner for Victims' Rights and the justice system in relation to victims' needs.

Locations Available:

- **Mount Gambier**
- West (Hindmarsh)
- Outer West (Port Adelaide)
- South (Marion)
- North (Salisbury)
- North (Elizabeth)

- North East (St Agnes)
- Riverland (Berri)
- City (Frome Street)
- Port Augusta

Service Area: Limestone Coast Region, office in Mount Gambier

NGO/Gov: NGO

Funding Source: Attorney General's Department

Client Age Range: Children and adults

Address: 10 Eleanor St
MOUNT GAMBIER SA 5290

Free Call: 1800 310 310

Email: rebuild@rasa.org.au

Website : www.rasa.org.au/services/adult-health-wellbeing/rebuild-counselling-for-victims-of-crime

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 service is based in Adelaide and is governed by the Barossa, Hills, Fleurieu Local Health Network.

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) 7087 1600 (Rural and Remote Inpatient Unit)
(08) 7087 1660 (Telemedicine/Telepsychiatry Unit)
131 465 (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

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

Service Area: Limestone Coast
NGO/Gov: Gov
Funding Source: State Gov
Client Age Range: All ages
Police Emergency: **000**
Police Assistance: **131444**
Crime Stoppers: **1800 333 000**
Website: <https://www.police.sa.gov.au>

Blue Light

The Noorla Yo-Long Blue Light Outdoor Adventure Program incorporates Youth Life Skill Development Programs and 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 SA 5280
Contact: Program Manager, Senior Constable 1st class Geoff Yates
Phone: (08) 8735 4337
Mobile: 0408 899 396
Fax: (08) 8735 4329
Email: nylmanger@nylse.org.au
Website: www.noorlayo-long.com.au

Skylight Mental Health

At Skylight, our mission is to assist individuals to achieve good mental health, to promote acceptance of mental illness in the community and provide quality services for people with mental illness, their family and friends.

Skylight are a registered NDIS provider who offer:

- Core 1:1 support with a variety of different support techniques 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

Skylight also offer Support Coordination and Plan Management services funded by NDIS to the South East Region.

Skylight Mental Health also provide weekly group activities and limited 1:1 supports for individuals without an NDIS plan through the Country Wellness Connections Program funded by Country PHN. This free service is aimed at assisting individuals accessing the NDIS, improving daily living and the management of mental health through support, connection of other services and community programs.

Due to Covid-19 restrictions, Skylight services can be face to face or via telehealth, whichever is preferred due to current social distancing regulations.

Service Area: South East Region of SA

NGO/Gov: NGO

Funding Source: Gov

Client Age Range: 16+

Address: 12 Crouch Street South
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 1146
MOUNT GAMBIER SA 5290

Contact: Team Leader, Edward Whyte

Mobile: 0400 354 765

Phone: (08) 8723 6533

Fax: (08) 8723 6588

Email: edwardw@skylight.org.au

Website : www.skylight.org.au

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: Area Manager, Mignon Bruce

Phone: (08) 8735 1900

Fax: (08) 8725 0923

Email: mignon.bruce@sa.gov.au

Website: 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, together with Centacare, 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 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.

24/7 telephone contact 0437 752 458

Substance Misuse Limestone Coast Inc (SMLC)

Substance Misuse Limestone Coast (SMLC) is made up with a dedicated group of professionals working to facilitate the establishment of a community-based collaborative model to address the needs of drug and alcohol misuse across the Limestone Coast region.

SMLC is not a treatment service, however we advocate for and collaborate with local drug and alcohol treatment services.

Objectives

- Build community awareness of AOD issues
- Make available training and education free for families and professional community service workforce
- Support secondary schools to imbed evidence-based AOD education into curriculum
- Establish community partnerships in each Council area to reduce the uptake of AOD
- Coordinate the Australian Planet Youth trial in the Limestone Coast
- Build community and stakeholder engagement related to AOD issues.

Service Area: Limestone Coast

NGO/GOV: Substance Misuse Limestone Coast Inc

Funding Source: Federal Department Health

Client Age Range: All of community

Address: Level 1, 9 Bay Road,
MOUNT GAMBIER SA 5290

Contact: Sophie Bouchier

Phone: (08) 8723 7310

Mobile: 0429 342 175

Email: sophiebourchier@smlc.com.au

Website: www.smlc.org.au

Suicide Prevention Network (*See: Mount Gambier and District Suicide Prevention Network AND Wattle Range Suicide Prevention Network*)

The Junction (*See: The South East Junction, Mental Health Activity and Resource Centre Inc.*)

The Salvation Army

The Salvation Army provides assistance during the following times:

- Tuesdays: 9am-3pm
- Wednesdays: 9am-3pm
- Thursdays: 9am-3pm

Assistance is in the form of food parcels and Foodbank vouchers, Telstra vouchers, and vouchers for clothing. Applications for NILS. Financial Capabilities appointments available via Money Care Helpline.

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:

Commanding Officer, Captain Judy Shaw,
ER Worker, Bernadette Douglas,
Reception, Narelle Pignotti

Phone: (08) 8725 9900

Money Care Helpline:

1800 007 007

Email: judy.shaw@salvationarmy.org.au

bernadette.douglas@salvationarmy.org.au

narelle.pignotti@salvationarmy.org.au

Website: www.salvationarmy.org.au

The South East Junction, Mental Health Activity and Resource Centre Inc.

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
- A Mental Health Wellbeing Group in Millicent
- With Lifeboat SE and the Limestone Coast Meditation Community affiliated with the Junction

The Junction is supported by CHSA Local Health Network Integrated Mental Health Services, Country Health Connect-Limestone Coast, Councils and other government, non-government and community organisations, service clubs and businesses and companies with an interest in the support of people with mental health challenges and improvement of the mental wellbeing of our communities. And registered as a charity.

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 challenges or recovering from mental illness.

Mental wellbeing is promoted by encouraging participants to take responsibility for their own wellbeing, and take an active role in the day to day operation of the service.

Activities to improve mental wellbeing and health seeking behaviour are offered to the general public.

Service Area: The Lower South East of South Australia; Mount Gambier and Millicent.

NGO/Gov: NGO

Funding Source: None. The Junction is registered with the ACNC as a Charity

Client Age Range: 18+

Address:

19 Ferrers Street
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 1905
MOUNT GAMBIER SA 5290

Contact: Coordinator, Nel Jans

Phone: 0477 886 450
Email: junctioncoord@gmail.com
Website: www.thesoutheastjunction.org.au
www.lifeboatse.com

The Limestone Coast Meditation Community (LCMC)

The Limestone Coast Meditation Community LCMC is a not for profit community group that was formed to promote and support the practice of meditation as an integral part of the life of members of the South East community.

LCMC are led by a core group of meditation-trained volunteers who provide mindfulness meditation practices.

We aim to make the practice of meditation widely accessible and offer our sessions to individuals, groups, and businesses for the cost of a gold coin donation.

We meet regularly on a Sunday at various locations. We welcome experienced meditators, and we welcome and support those who are new to mindfulness meditation.

We share an online newsletter called Mindful Meditation Muse, which offers mindfulness education and information. We offer occasional workshops and meditation retreats.

Service Area: The Lower South East of South Australia; Mount Gambier and Districts

NGO/Gov: NGO

Funding Source: None.

Client Age Range: Open

Postal Address:

PO Box 1905
MOUNT GAMBIER SA 5290

Contact: Michael Smith

Phone: 0411 868 740

Email: communicationlcmc@gmail.com

Social Media: LimestoneCoastMeditationCommunityLCMC

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 only 10.30am – 2.30pm, providing food parcels, vouchers, Christmas hampers, and financial assistance in the purchasing of prescriptions.

Service Area: Mount Gambier & District

Funding Source: Church/Local Community/Local Businesses

Client Age Range: All

Address: 26 Elizabeth Street
MOUNT GAMBIER SA 5290

Postal Address:

PO Box 1119
MOUNT GAMBIER SA 5290

Phone: (08) 8725 5377

Fax: (08) 8725 1062

Email: 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:

Phone: (08) 8723 8600

Email: slynn@ucwpa.org.au

Website: 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).

Aboriginal Community Connect

Aboriginal Community Connect is a service providing a selection of treatment programs including:

- Counselling
- Case management
- Group therapies
- Outreach support
- Community based residential rehabilitation treatment for Aboriginal families as well as single adults

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: 0417 699 832

Email: MariahU@unitingcommunities.org

Disability Advocacy Service (DAS) *(state wide)*

DAS is an advocacy service that supports people who already have NDIS plans or who are having difficulties getting their access requests met. We are able to help people to understand their rights, support them to navigate the NDIS system and help them with AAT and SACAT matters.

The DAS team consists of lawyers and allied health professionals trained as social workers, developmental educators and speech therapists.

Service Area: South Australia

NGO/Gov: NGO

Client Age Range: up to 65

Address: 43 Franklin Street
ADELAIDE SA 5000

Contact: Uniting Communities Law Centre
Phone: 1300 886 220 (for country callers)
Email: das@unitingcommunities.org
Office: 08 8202 5960

headspace (*See: headspace*)

New ROADS (Residential and Out Client Alcohol and Other Drug Service)

New ROADS (Residential and Out-Client Alcohol and Other Drug Service) Mount Gambier offers a range of services, including residential rehabilitation and counselling, for people who are experiencing problems with drugs or alcohol, and their families.

We provide a range of programs tailored to suit individuals, families and support people including:

- **Residential rehabilitation** – residents (aged 21 and over) live in shared houses and have access to a full therapeutic program and weekly counselling. The program is a five month stay, but is flexible.
- **In home detox:** In-home detox program in your own home between 5 days and up to 2 weeks. Clients will receive medical and therapeutic support from a GP, nurse and counsellor.
- **Counselling:** Individual and group counselling. We also assist family members and support people who are affected by the substance dependency of someone close to them.
- **Ongoing and flexible support:** Assistance to connect with other health and community services.

Service Area: Limestone Coast Region

NGO/Gov: Not for profit

Funding Source: Not for profit

Address: 11 Wehl Street South
MOUNT GAMBIER SA 5290

Contact: Reception

Phone: (08) 8725 1616

Email: NewRoadsMountGambier@unitingcommunities.org

Website: www.unitingcommunities.org

Rubys Reunification – Therapeutic Youth Service

Ruby's is an early intervention program that 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 risk of becoming homeless.

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

Ruby's also provides outreach counselling/case management for clients who do not require the accommodation component of the service.

Service Area: Limestone Coast region

NGO/Gov: NGO

Client Age Range: 12-25

Address: 1 Frewville Place
MOUNT GAMBIER SA 5290

Contact: Senior Coordinator, Sharon

Phone: (08)8202 5048

Email: SharonG@unitingcommunities.org
Office: (08) 8725 4383

StandBy Support After Suicide (*See: Standby Support After Suicide*)

Victims of Crime (*See: Rebuild – Counselling for Victims of Crime*)

Victim Support Services (VSS)

Redress Support Service

Wattle Range Suicide Prevention Network

The **Wattle Range Suicide Prevention Network** is made up of volunteers from across our community.

Our vision is to Live Stronger Together with a mission to Empower our communities through Information, Conversation and Caring.

The Network meets on the 4th Thursday of each month at the Millicent RSL Memorial Club at 6PM. New members are welcome.

Service Area: Wattle Range Council area

NGO/Gov: Not for profit

Funding Source: Grants, Fundraising & Donations

Address: Civic Centre

George Street MILLICENT 5280

Contact: Secretary, Marg Chapple

Phone: 0420 931 726

Email: wattlerangespn@gmail.com

WIS (The Women's Information Service)

The **Women's Information Service** provides information to South Australian women online, over the phone and in person. We aim to increase access to information that promotes choice and empowerment.

Services offered from the Mount Gambier Library on Monday to Friday (9am-4pm), closed public holidays.

Address: 6 Watson Terrace
MOUNT GAMBIER 5290

Mobile: 0439 169 925

Email: mountgambierthehaven@gmail.com

Can't find the information you're searching for? Not sure where to start? Need a hand?

Our services:

- Information phone line
- Family Court Support (Only if the hearing is at the Family/Federal Court, Angas Street, Adelaide)
- Volunteer Program
- SMS Call Back Service
- Women's Information Hubs

Adelaide information:

Phone: (08) 8303 0590 or

Free Call: 1800 188 158 Monday - Friday, 9am to 5pm

Email: wis@sa.gov.au

Website: www.wis.sa.gov.au

Facebook: <http://facebook.com/sawomen>

Twitter: http://twitter.com/WIS_Adelaide

Pinterest: www.pinterest.com/WomensInfoSA/

Useful Numbers and Websites and Apps IN AN EMERGENCY CALL 000

ORGANISATION		PHONE NUMBER
Emergency Triage and Liaison	24 hour crisis & emergency assistance	13 14 65
Lifeline Australia	https://www.lifeline.org.au Online Chat Available 7pm – 4am Daily	13 11 14
Headspace	http://www.headspace.org.au Online Chat Available	1800 650 890
Suicide Call Back Service	https://www.suicidecallbackservice.org.au Video Counselling Available 24/7	1300 659 467
StandBy Support after Suicide	https://standbysupport.com.au	0437 752 458
Beyond Blue	http://www.beyondblue.org.au Online Chat 3pm – 12 am Daily	1300 224 636
Parents Helpline	http://www.cyh.com	1300 364 100
Men's Line	http://www.mensline.org.au Online & Video Counselling Available	1300 789 978
Aboriginal Men's Referral Crisis Line	24/7	1800 435 799
Men's Referral Service		1300 766 491
Youth Healthline	http://www.cyh.com	1300 131 719
Kids Helpline	http://www.kidshelp.com.au	1800 551 800
Child & Adolescent Mental Health Service; Women's & Children's Health Network	http://www.wch.sa.gov.au/services/az/divisions/mentalhealth	08 8724 7055 Mount Gambier
Blue Knot	www.blueknot.org.au	1300 657 380
Health Direct	www.healthdirect.gov.au	1800 022 222
Alcohol and Drug Information Service	https://www.sahealth.sa.gov.au	1300 131 340
Counselling Online	Drug & Alcohol Counselling www.counsellingonline.org.au	1800 250 015
Quitline	https://www.quitlinesa.org.au	13 78 48
Drug & Alcohol Support	https://knowyouroptions.sa.gov.au/ (South Australian callers only - local call fee) any day between 8:30am and 10:00pm	1300 131 340
Substance Misuse Limestone Coast	smlc.org.au	08 8723 7310
LETSS (Lived Experience Telephone Support Service) This is a Skylight Mental Health Service.	For free Mental Health Support Call our LETSS team or chat online. Available 5.00 pm to 11.30 pm, seven days a week.	1800 013 755 or chat online at www.letss.org.au
For some, home isn't a safe place to be during COVID-19. If you're worried about your safety, or if you just feel like you need to speak to someone, counselling and support is always available for women	Domestic Violence Crisis Line	1800 800 098
	Yarrow Place Rape and Sexual Assault Service	1800 817 421

experiencing domestic, family or sexual violence.	1800 RESPECT	1800 737 732
Uniting Communities	https://www.unitingcommunities.org/services/mental-health-counselling/ Mental Health Counselling during COVID-19 Mental Health Counselling operates 8am to 8pm every day to support people who need help including those who have had lengthy periods in self-quarantine and those practicing social distancing.	1800 632 753
Regional Access	www.saregionalaccess.org.au Free online & telephone counselling 24/7	1300 032 186
Rebuild	Trauma based counselling and peer support to adults and child victims of crime.	1800 310 310
Victim Support Services (VSS)	Redress Support Service Free and confidential services to people affected by institutional child sexual abuse and domestic and family violence	1800 842 846
Reach Out	http://au.reachout.com	02 8029 7777
Sane Australia	www.sane.org	1800 187 263
Conversation Matters	http://www.conversationsmatter.com.au Conversations Matter is a suite of online resources. The program does not provide any direct services, nor can it provide advice or support	N/A
R U OK?	https://www.ruok.org.au	N/A
Women's Information Service	Department for Human Services Ground floor, 101 Grenfell Street Adelaide SA 5000 Email: wis@sa.gov.au	1800 188 158 Mount Gambier Library Monday-Friday 9am-4pm
Jean Hailes Foundation	For Women's Health https://www.jeanhailes.org.au/	
Friendline This service provides support and a much-needed connection for those experiencing loneliness. It is not a crisis service	The support line is open: 2pm – 8pm, Monday & Friday 2pm – 6pm, Tuesday, Wednesday Thursday 2pm – 5pm, Saturday & Sunday www.friendsforgood.org.au for more information.	08 7078 6229 or 1800 424 287
Qlife	https://qlife.org.au Online Chat Available LGTBIQA+	1800 184 527 3:00pm – 12:00am
Life in Mind	www.lifeinmindaustralia.com.au	02 4924 6900
Good Vibes Experiment – Flinders University	An evidence-based wellbeing programme to improve mental wellbeing. Also available are workshops, in person and online	https://students.flinders.edu.au/uni-life/goodvibes
COVID-19 Support Line	www.sahealth.sa.gov.au/COVID2019	1800 632 753
Community Services Directory	www.limestone.servicesdirectory.org.au	https://limestone.servicesdirectory.org.au/contact/

Useful Apps



Lifeback Tracker – available on Android & Apple devices

An early intervention tool you can use to help ward off early signs of stress, before they escalate into more serious mind health challenges.



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.



ReachOut Breathe – available on Apple devices

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.



What Were We Thinking – available on Apple devices, Android and IOS

WWWT is the perfect resource to introduce new parents to the What Were We Thinking! blog and free app, supporting the mental health of new parents. Incentive of Jeans Hailes Foundation for Women's Health