A quick guide to

FREE

services, supports, resources and activities

Grandcarers SA

08 8212 1937 / contactus@grandcarers.au / 30 Pitt Street, Adelaide SA 5000 / www.grandcarers.au

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08 8212 1937 / contactus@grandcarers.au / www.grandcarers.au
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General emergency phone numbers

Police / fire / ambulance
000

Police
police.sa.gov.au
Non-urgent assistance: 13 14 44
Crime Stoppers – report a crime or provide information that may help solve a crime: 1800 333 000
To find a Police Station:
www.police.sa.gov.au/about-us/find-your-local-police-station

Fire
mfs.sa.gov.au
cfs.sa.gov.au
All fire emergencies (including bushfires & housefires): 000
For bushfire information phone the CFS Bushfire Information Hotline: 1800 362 361

Ambulance
In an emergency: 000

Health / mental health / medical
In an emergency: 000
Mental Health Emergency: 13 14 65
Poisons Information: 13 11 26
24/7 registered nurse: 1800 022 222

Electricity
sapowernetworks.com.au
To report an emergency or hazard: 13 13 66

Gas
To report a gas leak: 1800 427 532

Flood or storm
ses.sa.gov.au
For assistance with serious damage to your home, risk of flooding or fallen trees.
South Australian State Emergency Service (SES): 13 25 00

Report suspicious activity
Crime Stoppers: 1800 333 000
SA Police: 13 14 44
National Security Hotline: 1800 123 400

Crisis helplines

Mental Health Triage
sahealth.sa.gov.au
If you are experiencing a mental health emergency or crisis, the Mental Health Triage 24/7 telephone service provides advice and information. It is staffed by mental health clinicians who can assess you and, if necessary, refer you to an acute response team.

Phone: 13 14 65

Lifeline
lifeline.org.au
Lifeline provides 24/7 crisis support and suicide prevention services to people experiencing emotional distress. If you are feeling overwhelmed, having difficulty coping or staying safe, Lifeline offers confidential one-on-one telephone, text and online support with trained crisis supporters.

Phone: 13 11 14
Text: 0477 131 114
Chat online: www.lifeline.org.au

Suicide Call Back Service
suicidecallbackservice.org.au
The Suicide Call Back Service offers 24/7 professional telephone and online counselling. Trained counsellors have specialist skills in working with suicide-related issues and can help you work through the pain and distress you may be feeling. You may be suicidal, know someone who is suicidal or have experienced the suicide of someone close to you.

Phone: 1300 659 467

Domestic Violence Crisis Line
womenssafetyservices.com.au
The Domestic Violence Crisis Line is a 24/7 crisis counselling support and referral service for women and children needing safe accommodation. Women's Safety Services SA (WSSSA) supports women and their children who are experiencing domestic and family violence. They are committed to helping people find safety and support during and after experiencing abuse.

Phone: 1800 800 098

Domestic & family violence, and sexual assault support services

SA Police Family Violence Investigation Section
police.sa.gov.au
SA Police supports victims of domestic violence and attends domestic violence situations. They give the highest priority to the protection and ongoing safety of victims and their children.

Eastern: 08 7322 4890
Northern: 08 8207 9381
Western: 08 8207 6413
Southern: 08 8392 9172

If you live in the country contact the Family Violence Investigation Section at your local police station.

1800RESPECT
1800respect.org.au
1800RESPECT is a 24/7 support service for people impacted by domestic, family or sexual violence.

Phone: 1800 737 732
Chat online: 1800RESPECT.org.au
Text (SMS): 'HELLO' or a greeting to 0458 737 732

Men's Referral Service
mrs.org.au
The Men's Referral Service is a 24/7 national counselling, information and referral service for men who use violence and abuse and wish to change their behaviour.

Phone: 1300 766 491

Yarrow Place
wchn.sa.gov.au/our-network/yarrow-place
Yarrow Place provides a free and confidential service for people aged 16 years and over at the time of the sexual assault.

Phone: 1800 817 421
Address: 64 Pennington Terrace, North Adelaide SA 5006

Child Abuse Report Line (CARL)
childprotection.sa.gov.au/reporting-child-abuse
Phone CARL (24/7) if you have any reasonable suspicion that a child has been or is being abused or neglected. Serious concerns include when you suspect a child or infant is in imminent or immediate danger of serious harm, serious injury or chronic neglect.

Phone: 13 14 78

Mental health services

Urgent Mental Health Care Centre
umhcc.org.au
if you are experiencing a mental health crisis, the Urgent Mental Health Care Centre provides a high-engagement 24/7 alternative to the hospital ED. Using a combination of peer-led recovery and clinical support, the UMHCC provides caring, safe, inclusive and evidence-based urgent mental health support.

Phone: 08 8448 9100

Walk-In After-Hours Mental Health Service (Sonder)
sonder.net.au
The Walk-In After-Hours Mental Health Service is designed for people who want more support than a helpline can offer, but do not require a hospital admission. You can speak to someone confidentially about what is going on for you right now as well as access information and referrals to other services.

Phone: 08 8209 0700
Address (Sonder Edinburgh North): 2 Peachey Road, Edinburgh North SA 5113
Hours: 5:00pm - 9:00pm, Monday - Friday

Mind Australia
mindaustralia.org.au
Mind Australia offers a range of psychosocial support services including information and advice, support coordination, specialised assessments, counselling, coaching, supported independent living and family and carer support.

Phone: 1300 286 463
Email: mindconnect@mindaustralia.org.au

Beyond Blue
beyondblue.org.au
Beyond Blue works to increase awareness of depression and anxiety, reduce stigma, improve mental health and prevent suicide. It provides a 24/7 telephone and online counselling service, an online peer support community (Beyond Blue Forums), mental health coaching, and will assist you in finding ongoing mental health services and professional support.

Phone: 1300 224 636
Forums: forums.beyondblue.org.au
Chat online: beyondblue.org.au/support-service/chat
Email: beyondblue.org.au/support-service/email

Drugs, alcohol and gambling

Drug and Alcohol Services South Australia (DASSA)
sahealth.sa.gov.au
DASSA offers a range of treatment services, information and resources for people with alcohol, tobacco and other drug issues and health professionals.

Alcohol and Drug Information Service (ADIS)
The ADIS is DASSA's confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals. ADIS also provides information about how to access other services including information about available prescribers and pharmacies.

Phone: 1300 131 340
Hours: 8:30am - 10:00pm, 7 days

Sobering Up Unit (The Salvation Army)
salvationarmy.org.au
The Sobering Up Unit provides a safe environment to sober up. It also provides shelter, support, referrals and advocacy.

Phone: 08 8212 2855
Address: 62a Whitmore Square, Adelaide SA 5000

Alcohol & Drug Counselling Online
counsellingonline.org.au
Alcohol & Drug Counselling Online provides a 24/7 confidential online chat service with a qualified drug and alcohol counsellor. If you want to take steps towards change and recovery, they will also connect you to appropriate supports. If you are concerned about your drug and alcohol use you can undertake a self-assessment, connect with others on their forum and receive SMS support.

Alcoholics Anonymous (AA)

aa.org.au
aasouthaustralia.org.au
Alcoholics Anonymous is a fellowship of people seeking to recover from and help others recover from alcoholism. Find out about AA, what it does, and what to expect from an AA meeting. AA respects your privacy and anonymity. There is bound to be a meeting near you.

Phone: 1300 222 222 (National), 08 8221 6888 (Local)
Hours: 9:30am - 4:00pm, Monday - Friday
SA helpline: 08 8221 6999 (24/7)

Narcotics Anonymous (NA)

na.org.au
Narcotics Anonymous is a fellowship of people for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean. Find a meeting near and convenient for you via the website.

Phone: 1300 652 820 or 0488 811 247

SMART Recovery

smartrecoveryaustralia.com.au
SMART Recovery offers weekly groups to people who want and need help managing and overcoming their addictive behaviours and associated problems. Find a meeting via the website.

Phone (National): 02 9373 5100
Email: smartrecovery@srau.org.au

Family Drug Support Australia

fds.org.au
Family Drug Support provides up-to-date information about all aspects of alcohol and drug use to the families of people who use them. FDS also operates a 24/7 telephone support service for families affected by alcohol and other drug issues.

Phone: 1300 368 186

New ROADS

unitingcommunities.org
New ROADS offers a range of services, including residential rehabilitation and counselling. Treatment options are designed to assist with your physical and mental health, as well as providing connection to community through various activities. It supports families and individuals, including ex-service people.

Phone: 08 8202 5690
Email: NewROADSEnquiries@unitingcommunities.org

Quit

quit.org.au
Quit provides a phone and online service to help you stop smoking. Quit helps you identify reasons to quit, come up with a plan, provides tips to stay on track, advice, education, support and more.

Phone: 13 78 48
Text 'call back': 0482 090 634

Statewide Gambling Therapy Service

sagamblingtherapy.com.au
If you are a gambler, the Statewide Gambling Therapy Service is a free, effective, and confidential service that will help you overcome your addiction and get control of your life. Treatment options include one-on-one therapy, an optional hospital-stay program and support groups.

Phone: 08 8204 4779
Appointments: sagamblingtherapy.com.au
Email: wis@sa.gov.au

Gambling Help Online

gamblinghelponline.org.au
Gambling Help Online provides 24/7 access to counselling and information to those who are reluctant or unable to access face-to-face services.

Phone: 1800 858 858

Health and Covid-19

healthdirect
healthdirect.gov.au
healthdirect is a 24/7 government health service providing guidance regarding symptoms and advice on what to do – whether you should see a GP, manage your condition at home or go to an emergency department.

Phone: 1800 022 222

Covid-19
covid-19.sa.gov.au
health.gov.au/topics/covid-19
For information and advice from medical and public health experts to help stop the spread of Covid-19. Topics include what to do if you test positive, information about close contacts, anti-viral treatments and vaccinations.

Financial assistance and advice

Emergency help with finances
sa.gov.au/topics/care-and-support/concessions/financial-aid/emergency-financial-aid
If you are experiencing financial stress, there are services that can help. You might be able to access food, chemist and transport vouchers, rent assistance, food hampers or clothing, and sometimes cash.

AC Care
www.accare.org.au

Anglicare
anglicaresa.com.au

Baptist Care SA
baptistcaresa.org.au

Centacare Catholic Country SA
www.cccsa.org.au

Lutheran Care
lutherancare.org.au

The Hut Community Centre
www.thehut.org.au

Uniting Care Wesley Bowden
ucwb.org.au

Uniting Communities
unitingcommunities.org

Services Australia's Grandparent, foster and kinship carers advisers
servicesaustralia.gov.au/support-for-grandparent-carers
If you're a grandparent or non-parent carer of children, you may be eligible for:
- Family Tax Benefit
- Childcare Subsidy and Additional Childcare Subsidy (Grandparent)
- Medicare payments
- Double Orphan Pension
- Concession and health care cards, including Foster Child Health Care Card
- Child support
- Other payments and services

Grandparent, foster and kinship carer adviser line: 1800 245 965
Hours: 8:30am - 4:30pm, Monday - Friday

Affordable SA
affordablesa.com.au
Affordable SA assists you with your affordability issues including housing, bills, health care and more. It is an easy point of access to the information, resources, support and services that best meets your needs. Affordable SA is accessible online, through their app or helpline.

Phone: 1800 025 539

Moneysmart
moneysmart.gov.au
The Moneysmart website will help you take control of your money with free tools, tips and guidance. It provides information about financial counselling and what financial counsellors do, assistance with budgeting and paying bills, managing on a low income and more.

National Debt Helpline
ndh.org.au
When you're in financial trouble your first port of call should be the National Debt Helpline. A trained financial counsellor will assess your situation and provide you with free information and advice. If your issue is complex, they can refer you to a face-to-face financial counselling service. If necessary, they will also put you in touch with legal services, crisis food and accommodation services, and health services.

Phone: 1800 007 007
Hours: 9:30am - 4:30pm, Monday - Friday

Legal assistance and advice

Legal Services Commission
lsc.sa.gov.au
The Legal Services Commission seeks to give all South Australians equal access to justice through the legal system, providing free legal information, legal advice and legal education. Legal Aid is available to eligible people as well as representation in criminal and family law matters.

Legal Helpline phone: 1300 366 424, 9:00am - 4:30pm, Monday - Friday
Common legal questions answered: 24legal.lsc.sa.gov.au

Community Legal Centres South Australia (CLCSA)
clcsa.org.au
Whether you are facing a legal challenge or simply need advice on a specific matter, we believe everyone is entitled to know their rights, understand how the law affects them and achieve a fair outcome.

Phone: 1300 860 529

Women's Legal Services SA
wlsa.org.au
WLSA is the peak organisation for Community Legal Centres specialising in women's legal issues. Our members provide women with access to free legal assistance and support to escape and recover from violence and abuse.

Address: Level 7, 45 Grenfell Street, Adelaide SA 5000
Office hours: 9:00am - 5:00pm, Monday - Friday
Phone: 08 8231 8929
Free call: 1800 655 037
Advice Line operation hours: 10:00am - 4:00pm, Monday - Friday (excl. Wednesday)
Email: info@wlsa.org.au

Community Justice Services SA
communityjusticesa.org.au
Community Justice Services SA provides free, confidential legal advice in areas of civil, criminal and family law to most members of the community, and free court representation in both State and Federal courts.

Phone (Toll free): 1800 190 969

Southern Community Justice Centre
Address: Christies Beach Head Office, 40 Beach Road, Christies Beach SA 5165
Phone: 08 8384 5222

Limestone Coast Community Justice Centre
Address: 43B Commercial Street West, Mt Gambier SA 5290
Phone: 08 8723 1396

Riverland Community Justice Centre
Address: 9 Kay Avenue, Berri SA 5343
Phone: 08 8582 4998

Westside Community Lawyers
westsidelawyers.com.au
Westside Community Lawyers provide free legal assistance services to eligible members of Adelaide's Western suburbs and South Australia's Mid North and Outback.

Port Adelaide
Phone: 08 8340 9009
Address: 171 Commercial Road, Port Adelaide, Adelaide SA 5015

Port Pirie
Phone: 08 8633 3600
Address: Flinders Arcade, 72 Ellen Street, Port Pirie, SA 5540

Adelaide Legal Outreach Service
law.adelaide.edu.au/free-legal-clinics/adelaide-legal-outreach-service
The Adelaide Legal Outreach Service helps clients manage their own cases. They write letters, draft documents, negotiate and research the law in areas including child support, Centrelink, domestic violence, car accidents, wills and more.

Phone: 08 8313 7496, 9:00am - 4:45pm, Tuesday and Wednesday
Email: alos@adelaide.edu.au

UniSA Legal Advice Clinic
unisa.edu.au/connect/community-clinics/legal-advice-clinic/
UniSA Legal Advice Clinic provides advice on a range of matters including criminal, family, debt claims, car accidents, tenancy, and neighbourhood disputes. Staffed by law students, you will be offered free legal advice under the supervision of qualified legal practitioners.

Phone: 08 8302 7436 to make an appointment
Address: UniSA City West campus, Level 1 (Ground Floor), Lewis O'Brien Building, Corner of George Street & Hindley Street Adelaide SA 5000

Flinders Legal Centre
flinderslegalcentre.net.au/dir/
Operated by Flinders University (Flinders Law, College of Business, Government and Law), the Flinders Legal Centre is a free legal service where experienced supervising solicitors work closely with student interns and recent graduates to provide legal advice and information.

Bookings for online appointments (via Microsoft Teams):
Tuesday, Wednesday and Thursday mornings via website.

Information and referral services

Women's Information Service
wis.sa.gov.au
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.

Phone: 08 8303 0590 or 1800 188 158
Address: Ground Floor at 101 Grenfell Street, Adelaide SA 5000
Hours: 9:00 am - 5:00 pm, Monday - Friday

MensLine Australia
mensline.org.au
MensLine is a 24/7 telephone, online and video counselling service specialising in family and relationship issues, including relationship breakdown, separation and divorce, parenting, family violence, suicide prevention and emotional wellbeing. All staff managing telephone or online counselling services are qualified professional counsellors, social workers or psychologists.

Phone: 1300 789 978
Chat online or video online: mensline.org.au/phone-and-online-counselling/

Ask Izzy
askizzy.org.au
Ask Izzy allows you to search 360,000 services to find food, housing, money help, support and counselling, domestic and family violence help, health, everyday needs, and more.

Families and young people

Family Relationship Advice Line
familyrelationships.gov.au/talk-someone/advice-line
The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues including information on parenting arrangements after separation. It can also refer you to local services.

Phone: 1800 050 321
Hours: 8:00am - 8:00pm (Monday - Friday), 10:00am - 4:00pm (Saturday)

Women's and Children's Health Network (WCHN) Parent Helpline
wchn.sa.gov.au
The WCHN Parent Helpline provides 24/7 telephone information, support and advice about health, behaviour and relationships for parents/carers of children under the age of 12. The service is confidential, and evidence based.

Phone: 1300 364 100

Relationships Australia SA (RASA)
rasa.org.au
RASA provides family and relationship services and programs including adult health and wellbeing, children and young people, communities, couples and family, disability, family and domestic violence, post separation, school services and training.

Phone: 1300 364 277 or 1800 182 325 (country callers)

Child and Family Health Service (CaFHS)
cafhs.sa.gov.au
CaFHS provides free support for families with children aged 0-5 years in South Australia. If you have any concerns about your baby, young child, yourself or your family, a child and family health nurse can visit you at home or at your nearest health centre.

Phone: 1300 733 606
Hours: 9:00am - 4:30pm, Monday - Friday

Kids Helpline
kidshelpline.com.au
The Kids Helpline is a confidential 24/7 telephone and online counselling service for young people aged 5-25. Qualified counsellors are available via telephone, email or online chat anytime and for any reason.

Phone: 1800 551 800
Chat online: kidshelpline.com.au/get-help/webchat-counselling
Email: counsellor@kidshelpline.com.au

The Child and Adolescent Mental Health Service (CAMHS)
wchn.sa.gov.au
CAMHS provide services to infants, children, young people and perinatal women with complex emotional, behavioural or mental health challenges, difficulty regulating emotions and/or undertaking high risk behaviours, reactions to traumatic events, psychiatric illness and experiences related to gender dysphoria.

CAMHS can be accessed through CAMHS Connect a referral triage service that can receive enquiries from young people, parents and carers, GPs, paediatricians, public sector and private providers, school staff or any other person.

Phone: 1300 222 647
Hours: 9:00am - 5:00pm, Monday - Friday
Email: CAMHSResources@sa.gov.au

Headspace – youth services
headspace.org.au
Headspace works with young people aged 12 - 25 in the areas of mental health, physical health (including sexual health), alcohol and other drugs or work and study issues. Headspace centres are located across the metropolitan, regional and rural areas of Australia. With a focus on early intervention, it helps young people get back on track and strengthen their ability to manage their mental health in the future.

Phone: 1800 650 890

eSafety

eSafety Commissioner
safety.gov.au
By talking with your child about online safety you can help them to have safer online experiences, now and into the future.

Find out how to protect the children in your life from online safety risks:
esafety.gov.au/seniors/online-safety-grandparents-carers

Carly Ryan Foundation
carlyryanfoundation.com
The Carly Ryan Foundation delivers online safety and healthy relationship seminars to students, parents and carers. It also provides a range of services and support in the areas of internet safety and crime, cyberbullying, and contributes to law and policy reform.

Association of Children's Welfare Agencies
acwa.asn.au/esafety-resources/
ACWA has developed resources aimed at raising awareness of online safety among children and young people in care and their caregivers.

Seniors

Seniors card
seniorscard.sa.gov.au
The Seniors Card program provides members with access to public transport concessions and discounts from over 700 business partners throughout SA.

To be eligible for a Seniors Card you must be 60 years of age or older, a permanent SA resident, and not working more than 20 hours per week.

To apply online visit: seniorscard.my.salesforce-sites.com/SeniorsCard/

South Australian Seniors Card members can **travel for free on Adelaide Metro buses, trains and trams all day, every day**. To access the free travel, simply validate your Seniors Card when you board a service or pass through barrier gates.

Weekendplus
seniorscard.sa.gov.au/weekendplus
Seniors Card partners with a range of businesses and organisations and distributes information and offers to members via:

- annual **Seniors Card Discounts and Deals Directory**
- fortnightly digital magazine **WeekendPlus**
- direct marketing by post and email.

Phone: 1800 819 961
Email: seniorscard@sa.gov.au

Neurodivergent

Living on the Spectrum
livingonthespectrum.com
Living on the Spectrum is an Autism and spectrum directory listing resources, products and events for the neurodivergent community. There is information for carers, parents, adults, educators, researchers, businesses, and anyone who would like to know more about autism and neurodiversity.

Phone: 1300 736 150
Email: info@livingonthespectrum.com

Autism Advisory Adelaide
autismadvisory.com.au
Autism Advisory Adelaide is dedicated to offering a wide variety of specialised services for children and adults on the Autism Spectrum and the individuals who support them.

Phone: 0411 499 020
Email: autismadvisory@outlook.com

Autism SA
autismsa.org.au
Autism SA aims to support those with autism by providing innovative, evidence-based, person-centred supports, services, groups and training. Services are delivered by qualified and experienced staff committed to helping individuals achieve their goals.

Phone: 1300 288 476
Email: mypathways@autismsa.org.au

Carers

Carers SA
carerssa.com.au
Carers SA provides services and support to unpaid carers in South Australia. Services include carer support planning, peer support, counselling, tailored support, coaching, young carer services and emergency respite.

Phone: 08 8291 5600
Email: info@carerssa.com.au

Carer Gateway
carergateway.gov.au
Carer Gateway is an Australian Government program providing free services and support for carers. If you care for a family member or friend with a disability, medical condition, mental illness, or frail due to age, Carer Gateway can help you. The Australian Government works with a range of health and carer organisations across Australia to deliver services to carers no matter where they live in Australia.

Phone: 1800 422 737
Email: info@carersssa.com.au

Carers and Disability Link
carersanddisabilitylink.support/
Carers and Disability Link is focused on delivering compassionate and personalised care, support, resources, advocacy, counselling, recreation and respite across regional South Australia to carers, people living with disability and people aged over 65.

Nuriootpa: 08 8562 4000
Woodside: 08 8389 7383
Kadina: 08 8821 2444
Clare: 1300 686 405
Email: enquiries@cadl.support

Indigenous Australians

13 Yarn
13yarn.org.au
13YARN is an Aboriginal and Torres Strait Islander 24/7 crisis support line. If you, or someone you know, is feeling worried or no good, you can connect with 13YARN and talk with an Aboriginal or Torres Strait Islander crisis supporter. This is your story, your journey and someone will take the time to listen. No shame, no judgement, safe place to yarn.

Phone: 13 92 76

Watto Purrunna Aboriginal Primary Health Care Service
sahealth.sa.gov.au
'Watto Purrunna' is a Kaurna term meaning 'the branch of life'. The Watto Purrunna Aboriginal Primary Health Care Service provides a free comprehensive program of culturally sensitive services across Adelaide's northern and central regions.

Muna Paiendi: Corner of Mark Road & Oldham Road, Elizabeth Vale SA 5112
Phone: 08 8182 9206
Hours: 9:00am - 5:00pm, Monday - Friday

Kanggawodli: 16-22 Clements Street, Dudley Park SA 5008
Phone: 08 8342 2250
Hours: 9:00am - 5:00pm, Monday - Friday

Maringga Turtpandi: Gilles Plains GP Plus Super Clinic,
1 Gilles Crescent, Hillcrest SA 5086
Phone: 08 7425 8900
Hours: 9:00am - 5:00pm, Monday - Friday

Wonggangga Turtpandi: 11 Church Street, Port Adelaide SA 5015
Phone: 08 8240 9611
Hours: 9:00am - 5:00pm, Monday - Friday

Aboriginal Health Council of South Australia (AHCSA)
ahcsa.org.au
The AHCSA is the peak body representing Aboriginal community-controlled health and substance misuse services. Their primary role is to be the 'health voice' for all Aboriginal people in South Australia. They achieve this by advocating for the community and supporting people with appropriate health programs based on a holistic perspective of health.

Phone: 08 8273 7200
Email: ahcsa@ahcsa.org.au

Aboriginal health services at Noarlunga and Clovelly Park

sahealth.sa.gov.au

Aboriginal and Torres Strait Islander Primary Health actively support Aboriginal people to work towards improving their health and the health of their community. The team provides services which are culturally appropriate, accessible and responsive to the needs of Aboriginal and Torres Strait Islander people who live in the south of Adelaide. Services are offered at two sites, Noarlunga and Clovelly Park, and are set up as walk in centres.

Aboriginal Family Clinic: Alexander Kelly Drive, Noarlunga Centre SA 5168
Phone: 08 8384 9577
Hours: 9:00am - 5:00pm, Monday - Friday

Aboriginal Family Clinic (Minunthi Tapa Inparrititya): 13 Wingfield Street, Clovelly Park SA 5042
Phone: 08 8179 5942 (Administration), (08) 8179 5900 (Clinic)
Hours: 9:00am - 5:00pm, Monday - Thursday

Aboriginal Legal Rights Movement (ALRM)

alrm.org.au

ALRM operates as a law practice throughout South Australia and also carries out social programs to assist Aboriginal prisoners and those recently released from custody. These programs are designed to help Aboriginals stay out of custody and re-establish themselves.

Address: 321 - 325 King William Street, Adelaide SA 5000
Office hours: 9:00am - 5:00pm, Monday - Friday (metro & regional)
Phone: 08 8113 3777 or 1800 643 222 (Free call)
Email: info@alrm.org.au

Regional offices:
Port Augusta
Address: 12 Church Street, Port Augusta SA 5700
Phone: 08 8113 3788

Ceduna
Address: Cnr East Terrace & Merghiny Drive, Ceduna SA 5690
Phone: 08 8113 3799

Port Lincoln
Address: 12 Lewis Street, Port Lincoln SA 5606
Phone: 0447 618 292

Aboriginal Drug & Alcohol Council SA

adac.org.au

ADAC's mission is to ensure the development of effective programs to reduce the harm related to substance misuse in Aboriginal communities.

Phone: 08 8351 9031
Address: 155 Holbrooks Road, Underdale SA 5032
Email: adac@adac.org.au

Community services / emergency assistance

Anglicare SA

anglicaresa.com.au

Anglicare SA supports South Australians in need through diverse programs including housing and homelessness, NDIS services, aged care, foster care, emergency assistance, financial counselling and literacy, Aboriginal services, new arrivals, children, youth and families.

Phone: 08 8305 9200
Email: admin@anglicaresa.com.au

Emergency Assistance:
Adelaide
Phone: 1800 571 097 from 9:00am Monday - Friday for an appointment

Elizabeth
Phone: 1800 061 551 from 9:00am Monday - Friday for an appointment

Christies Beach
Phone: 1800 748 149 from 9:00am Monday - Friday for an appointment

Woodville
Phone: 1800 571 097 from 9:00am Monday, Tuesday and Friday for an appointment

Wallaroo
Phone: 0417 158 392
Walk in service, 10:00am - 12:00pm, Wednesday & Friday,
cnr Hughes Street & Church Street, Wallaroo SA 5556

Whyalla
Phone: 0417 788 915 from 10:00am - 12:00pm, Tuesday - Friday for an appointment

Centacare Catholic Family Services
centacare.org.au
Centacare offer a range of services including domestic and family violence, mental health, children's services, families and relationships, dispute resolution, parenting and respite. Centacare services are delivered across metropolitan Adelaide and regional South Australia – Gawler/Barossa, Riverland, Southeast/Limestone Coast, Whyalla and Murray Mallee.

Phone: 08 8215 6700
Email: enquiries@centacare.org.au

The Salvation Army
salvationarmy.org.au
The Salvation Army gives hope to anyone experiencing hardship or injustice throughout Australia. Services include Aboriginal and Torres Strait Islander programs, aged care, alcohol and other drugs, disaster recovery, emergency relief, employment, family and domestic violence, homelessness, financial services, defence and chaplaincy.

Phone: 08 8408 6900

Uniting SA
unitingsa.com.au
UnitingSA is dedicated to supporting South Australians by delivering a diverse range of programs across mental health, supported employment, employment and training, young people, children and families, homelessness and emergency assistance.

Phone: 08 8440 2200
Email: unitingsa@unitingsa.com.au

Uniting Communities
unitingcommunities.org
Uniting Communities provide respectful and accessible services, counselling and support for families, young people, older people, people with a disability, homelessness support, legal and financial services and community support.

Phone: 1800 615 677
Email: enquiries@unitingcommunities.org

Housing and homelessness

Homeless Connect SA
homelessconnectsa.org
Homelessness Connect SA is a 24/7 statewide telephone service for anyone experiencing homelessness in South Australia. Phone for information and a referral to homelessness services

Phone: 1800 003 308

Housing SA
housing.sa.gov.au
The SA Housing Authority works to enable South Australians to access appropriate housing. We play a fundamental role in helping South Australians into homes that are safe, safe, and affordable. Housing is a human right.

Phone: 13 12 99

Housing and Accommodation Support Partnership (HASP) Program
sahealth.sa.gov.au
The HASP Program aims to help people with significant and ongoing mental health issues to live well in their community by providing safe, secure and affordable housing with in-home and community support from mental health services.

Housing providers:
Junction Housing (Southern): 08 8203 5700
Unity Housing (Western and eastern): 08 8205 3600

Common ground
housingchoices.org.au
Common Ground seeks to end homelessness by providing quality, permanent, and affordable housing, and supports people to achieve a stable life in a safe and secure environment.

Phone (Adelaide): 1300 312 447
Email: infosa@hcau.org.au

Phone (Port Augusta): 08 8641 1651
Email: cgpa@aus.salvationarmy.org

Food hubs

Foodbank SA/NT
foodbank.org.au/SA/food-hubs/?state=sa
Foodbank aims to assist local welfare agencies to provide more food to people requiring emergency food relief.

Grandcarers SA can provide their clients with vouchers that can be redeemed at Foodbank Food Hub sites. Clients must present a valid voucher and provide identification each time they visit.

Phone Grandcarers SA: 08 8212 1937
Email: contactus@grandcarers.au

Heart & Soul Group
heartandsoulinc.org.au
Heart and Soul Group is a volunteer based food relief group. They distribute free fruit, vegetables, bakery and pantry items to customers. Discounted snack foods and other extras are available to be purchased from 'dollar tables'.

Food Relief Centres:
Heart & Soul Group Warehouse, 30 Fourth Street, Wingfield, Adelaide SA 5013
10:00am - 2:00pm, Monday - Friday

Colonnades Shopping Centre (Opposite Colonnades Tavern),
Beach Road, Noarlunga Centre, Adelaide SA 5168
10:00am - 2:00pm, Monday - Friday

If you require food assistance are unable to attend the Free Food Markets they will home deliver for a $15 fee.
Order via their online store: heartandsoulinc.com.au

Email: info@heartandsoulinc.org.au

Puddle Jumpers' Western Food Hub
puddlejumpers.org.au
Phone: 08 7071 5270
Email: puddlejumpers@puddlejumpers.org.au
Address: 266A Port Road, Hindmarsh SA 5007
Hours: 5:00pm - 9:00pm, Monday - Friday, 11:00am - 8:00pm, Saturday & Sunday

Baptist Care SA - Food Hub Adelaide
baptistcaresa.org.au/service/homelessness-services/food-relief
Baptist Care SA's Community Food Hub gives people in need the opportunity to shop for food and essential items at a reduced cost. They offer free fruit, vegetables and bread with any purchase.

Phone: 08 8118 5200
Email: foodhub@baptistcaresa.org.au
Address: 216 Wright Street, Adelaide SA 5000

Contact your local Salvos or city council about other free food distribution available in your area.

Educational support

School Card Scheme
sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme
If you're a low-income family with children attending government schools, you can get financial help with school fees, materials and services charges, through the School Card scheme. Where your school fees are less than the School Card subsidy, you could also get help with expenses such as uniform, camp and excursion costs.

Sports Vouchers
sportsvouchers.sa.gov.au
The Sport Vouchers program is a Government of South Australia initiative administered by the Office for Recreation and Sport. It provides a discount of up to $100 on sport, dance, learn to swim or scouts/guides fees for children from Reception to Year 9 living in SA.

Phone: 1300 714 990
Email: sportsvouchers.sa.gov.au

School Scholarships
sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/scholarships
Some government schools offer scholarships or awards to help cover the cost of specific educational activities. In most cases, they are for students already attending the school. In addition, STEM scholarships (Maths and Science) are available to high school students. Talk to the principal of your child's school to find out more.

Dame Roma Mitchell Grants

childprotection.sa.gov.au/children-care/support-children-care/dame-roma-mitchell-grants

Dame Roma Mitchell Grants provide opportunities for children and young people to achieve personal goals and enhance their health and wellbeing. To be eligible children and young people must be, or have been, under the guardianship of the Chief Executive or Minister for Child Protection in South Australia for at least one full year.

Phone: 1300 650 971
Email: dcpdrmtrust@sa.gov.au

Education & Development Fund (Grandcarers SA)

grandcarers.au/education-and-development-fund/

The Education and Development Fund is administered by Grandcarers SA to support grandparent and kinship carers who assume the primary carer role for children and young people. To be eligible for funding you must be a registered client of Grandcarers SA.

Client registration forms: www.grandcarers.au
Phone: 08 8212 1937
Email: contactus@grandcarers.au

Educational resources

Helping your child to learn (in primary school)

sa.gov.au/topics/education-and-learning/schools/family-and-community-involvement/helping-your-child-to-learn

Online resources in Reading, Writing and Maths.

SPELD SA (Specific Learning Difficulties Association of SA)

speldsa.org.au

SPELD SA provides advice and services to children and adults with specific learning difficulties and those who care for, teach, and work with them. It provides free oral language development cards, free phonics books and worksheets, and offers workshops and information sessions to carers.

Phone: 08 8431 1655
Address: 2/259 Glen Osmond Road, Frewville SA 5063

Kids News

kidsnews.com.au/learning-at-home

Kids News provides curriculum based activities and resources for parents/carers to do a home with their children. New activities appear daily to give children lots to choose from.

National Geographic Kids

natgeokids.com/au/

National Geographic Kids provide resources, activities and games aimed at children on topics such as History, Science, Animals, Geography, English, Art and Maths.

ABC Education

abc.net.au/education

ABC Education provides high quality educational content to use at home and in the classroom. All of their resources are free and mapped to the Australian Curriculum.

Toy Libraries

sacommunity.org

Toy Libraries are a great resource for carers. The SA Directory of Community Services has a full list of toy libraries in SA where you can find educational materials, toys and books.

Programs and initiatives for Aboriginal high school students

sa.gov.au/topics/education-and-learning/aboriginal-education/learning-support

Year 6 Aboriginal students starting secondary school can access the Enter for Success strategy. This gives them an opportunity to enrol and be accepted into any government secondary school they nominate. The strategy is designed to support the inclusion, attendance, participation, and retention of Aboriginal students in school.

You can enrol your child at a government secondary school of your choice and receive support to achieve the goals in your individual learning plan.

StudyAssist – Support for students

studyassist.gov.au/support-while-you-study/support-students

StudyAssist provides Information for students about financial and other assistance for tertiary study. Eligibility includes Aboriginal and Torres Strait Islander students, rural, regional and remote students, culturally and linguistically diverse students, refugees and asylum seeker students, students with disability or health condition, sexuality and gender diverse (LGBTIQ+) students, students who are parents or carers, students who are parents or carers and students who are the first in their family to go to university.

Programs and activities for kids

YMCA
sa.ymca.org.au/what-we-do/youth-empowerment
YMCA Youth Empowerment programs create opportunities for young people to develop and participate in building happy, healthy, connected communities. They include Youth Parliament and Junior Parliament, Youth Press Gallery, camps and activity days, and camps and development programs for the children of defence families.

Phone: 08 8200 2500
Email: contact@ymcasa.org.au

Start at the Gallery (Art Gallery of South Australia)
agsa.sa.gov.au/whats-on/ongoing-programs/start-gallery/
Start at the Gallery is an exciting introduction to art for children aged 3-12 and their families. It is a free family fun day that includes art activities, tours, live performances and entertainment. Each event is themed around current exhibitions or the general collection.

When: First Sunday of each month, 11:00am - 3:00pm.
Phone: 08 8207 7000
Email: info@artgallery.sa.gov.au

South Australian Museum
samuseum.sa.gov.au/events
Museums play an important role in nurturing quality learning for children. The South Australian Museum creates a welcoming environment that encourages their natural curiosity for science and the world around them.

Libraries SA
libraries.sa.gov.au
Locate a library near you for programs and events for children and young people including school holiday programs, story time, free access to the internet and gaming stations.

Adelaide Fringe (for free)
kidsinadelaide.com.au/adelaide-fringe-for-free/
A website for the best free and family friendly Adelaide Fringe events.

Directory websites
What to do, where to go, where to play, what to see and what's on. Where to find information on things to do with kids in Adelaide.

Kids in Adelaide: kidsinadelaide.com.au
Play & go Adelaide: playandgo.com.au
School Holidays: schoolholidays.com.au/blog/best-things-to-do-in-adelaide-with-kids
South Australia (Tourism Commission): southaustralia.com/things-to-do/family-and-kids

Free transport services
adelaidemetro.com.au/plan-a-trip/free-and-special-transport
You don't need a metroCARD to use free Adelaide Metro services.

Seniors Card members travel free on all Adelaide Metro Services
South Australian Seniors Card holders can travel for free on Adelaide Metro buses, trains and trams all day, every day. To access free travel, simply validate your Seniors Card when you board a service or pass through barrier gates.

City buses
Free city connector buses link popular city attractions, shopping, dining, education and services. Buses start just before 7:00am and finish at 7:15pm, with Friday buses finishing at 9:15pm.

Routes 99A and 99C loop around the CBD and are available Monday - Friday. Routes 98A and 98C follow the same loop around the CBD and extend to North Adelaide. They are available every day.

City tram
Tram routes around the CBD are free. The free zone is the area between the South Terrace stop, Adelaide Entertainment Centre, Festival Plaza and the Botanic Gardens. If you stay on the tram past the South Terrace stop, you need to pay a fare.

Jetty Road tram
The tram is free between the Brighton Road and Moseley Square stops. If you are going from Moseley Square towards the city and stay on the tram past the Brighton Road stop, you need to pay a fare.

Free trams are available between South Terrace tram stop and the Entertainment Centre, and from the Brighton Road tram stop to Moseley Square, Glenelg.