



Helpful Services in the Local Community

For health, wellbeing and welfare

Dr Gareth Furber from Health,
Counselling and Disability Services

HELPFUL SERVICES IN THE LOCAL COMMUNITY

We think we provide a good service here at Health, Counselling and Disability Services 😊

However, that doesn't mean there aren't some similarly excellent services in the local community that you can draw on in times of need.

In this document we've put together a list of some of the services that students have found most helpful out in the community. We are constantly adding to this list, so please let us know if you've had a good experience with a community health and welfare service, so we can add it to this list.



Other excellent places to find services in the community are the Affordable SA app developed by the Salvation Army - <https://affordablesa.com.au/>, the SA Directory of Community Services website - <https://sacommunity.org/> and the website Ask Izzy - <https://askizzy.org.au/>

Legal

- ❑ Need Legal Help? – Contact the Legal Services Commission – 1300 366 424 – www.freelegalhelp.sa.gov.au

Sexual assault, family or domestic violence

- ❑ In a violent relationship? – Domestic Violence Crisis Line – for women – **1800 800 098** - <http://womenssafetyervices.com.au/>
- ❑ Experienced a rape or sexual assault? – Contact Yarrow Place – **1800 817 421** – www.sahealth.sa.gov.au/yarrowplace
- ❑ Experienced sexual assault or family/domestic violence? – Counselling available from 1800 Respect (**1800 737 732**) - <https://www.1800respect.org.au/>
- ❑ Victim of crime? – Victim Support Service can provide advice, referral and in some cases, counselling – **1800 842 846** - <https://www.victimsa.org/>
- ❑ DV resources for LGBTIQ+ community - <http://www.catalystfoundation.com.au/wp-content/uploads/2019/05/Toward-a-Safe-Place-DL-flyer.pdf>
- ❑ Need counselling for sexual abuse & sexual assault? – Access from Uniting Communities - <https://www.unitingcommunities.org/youth-services/counselling-sexual-abuse-sexual-assault/>
- ❑ RSPCA Safe Kennels DV Project – Emergency boarding for the pets of people affected by domestic violence – **1300 477 722** - <https://www.rspcasa.org.au/safe-kennels-project/>

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- ❑ South Australia's Domestic Violence Disclosure Scheme (DVDS) provides an avenue for a person who may be at risk of domestic violence to get information about their partner or former partner, to help make decisions about their safety and the future of the relationship - <https://www.police.sa.gov.au/your-safety/dvds>
 - ❑ Domestic and Family Violence Centre for students in the Northern Territory - <http://www.ywcaofdarwin.com.au/pages/programs/domestic-family-violence-centre>

Services for women

- ❑ Are you a woman needing legal help? – Women's Legal Service – **1800 816 349** or **8221 5533** - <https://www.wlssa.org.au/>
- ❑ Female migrant requiring assistance? – **8152 9260** - <http://womenssafetyservices.com.au/index.php/about/services/27-migrant-women-s-support-program>
- ❑ Support for women and their children who are living with or escaping domestic or family violence – Women's Safety Services SA – **1800 800 098** - <http://womenssafetyservices.com.au/index.php>

Sexual Health

- ❑ Problems with sexual health or relationships? – Shine SA – **1300 794 584** - <https://www.shinesa.org.au/>

Drug and alcohol

- ❑ Struggling with drug and/or alcohol addiction – Centacare Drug and Alcohol Service – **8159 1400** - <http://www.centacare.org.au/service/drug-alcohol-service/>
- ❑ Need help for alcohol or other drug problems? – **1300 13 1340** - <https://knowyouroptions.sa.gov.au/>
- ❑ Struggling with your own drug or alcohol problems or supporting someone who is? – Drug ARM Australia Community and Family Support Service (CAFSS) provides individual and family counselling – **07 3620 8880**, email intake@drugarm.com.au – www.drugarm.com.au

For those with disabilities

- ❑ Have a disability and looking for a job? – Community Bridging Services (CBS) – **8224 2900** - <https://communitybridgingservices.org.au/> - You can speak to Sascha who works at the University and is a bridge between the university and CBS - <https://blogs.flinders.edu.au/student-health-and-well-being/2018/10/17/meet-sascha-helps-students-disability-get-jobs/>
- ❑ Unable to use standard telephone services because of a disability? – Telstra Disability Equipment Program – **1800 068 424** (Voice), **133 677** (teletypewriter) – or email - <https://say.telstra.com.au/customer/general/forms/disability-enquiry-hotline> - <https://www.telstra.com.au/aboutus/community-environment/community-programs/disability/disability-equipment-program>
- ❑ Need advocacy in relation to your disability? – DACSSA – **1800 555 630** - <http://www.dacssa.org.au/>

Counselling, coaching and mental health support

- ❑ Life pressures stressing you out? – Try working with a New Access Coach – free – **1800 010 630** – www.beyondblue.org.au/NewAccess
- ❑ Struggling with anxiety and/or depression? – Centre for Anxiety and Related Disorders – free - **8204 4779** - <https://www.flinders.edu.au/medicine/sites/fhbhru/industry-partners/card.cfm>
- ❑ Struggling with mental health problems? – Links to Wellbeing provides free counselling and support – **8326 3591** - <https://www.linkstowellbeing.org.au/>
- ❑ Access health professionals to help with mental and physical health, alcohol and other drugs and work and study – free – ages 12-25 - <https://headspace.org.au/>
- ❑ Counselling service for LGBTIQA young people (up to age 25) – Uniting Communities – **8202 5190** – counselling@unitingcommunities.org - <https://www.unitingcommunities.org/mental-health-counselling/lgbtiq-services-bfriend/>
- ❑ Have a mental illness? – Skylight provide a range of services for individuals and their family and friends dealing with mental illness - <https://skylight.org.au/>
- ❑ LETSS is a free peer-based chat service helping you to understand and improve your mental health – Call **1800 013 755** or use their online chat - <https://www.letss.org.au/>
- ❑ The Road Trauma Support Team of South Australia provides free counselling and support for people who have been affected by road trauma, whether directly or indirectly. This may include but not be limited to, vehicle occupants, family members, friends, work colleagues, witnesses, bystanders and emergency service personnel - <http://www.roadtraumasupportsa.com.au/>

Aboriginal

- ❑ Psychology and counselling services for Aboriginal and Torres Strait Islanders - <https://nunku.org.au/our-services/social-emotional/psychology-counselling/>

Gambling and gaming addiction

- ❑ Free counselling, financial counselling, peer support and therapeutic groups for individuals (and their friends, family members, partners) who are affected by gambling or gaming addiction - <https://www.gamblinghelpsa.org.au/>

Personal development

- ❑ Want to be a more confident and capable communicator? – Adelaide Toastmasters Club - <https://adelaide.toastmastersclubs.org/>

Low cost food/welfare

- ❑ Struggling to get enough to eat – The Picket Fence provides cheap food, financial assistance and financial counselling - http://anglicanparishofstmarys.com.au/wp/?page_id=297
- ❑ Food and essential items at low cost – Baptist Care Food Hub - <https://baptistcaresa.org.au/wp-content/uploads/2018/12/Baptist-Care-SA-Community-Food-Hub.pdf>

Refugees, asylum seekers and new arrivals

- ❑ English classes, community dinners, volunteer opportunities, food donations, emergency relief, social support, free internet cafe, and most importantly, friendship and welcome – The Welcome Centre - <https://www.welcometoaustralia.org.au/the-welcome-centre/>

Work and employment

- ❑ International students – need advice on unfair working conditions? – Fair Work Ombudsman - <https://www.fairwork.gov.au/contact-us/offices/south-australia>

Intersex

- ❑ Intersex Peer Support Australia is an intersex peer support, information and advocacy group for people born with variations in sex characteristics and their families - <https://isupport.org.au/>

Did you find this handout useful? Could it be improved? Let us know via our handout feedback form - <https://forms.office.com/Pages/ResponsePage.aspx?id=u30Vcr3o3ECNAD8lwjSsR77ICLLCtidNhWc6Jz-1mLdUQVo4OUxSNURIWDVUUFpOU1ZXU0NEN1ISVS4u>