

COMMISSIONER FOR  
ABORIGINAL CHILDREN  
& YOUNG PEOPLE

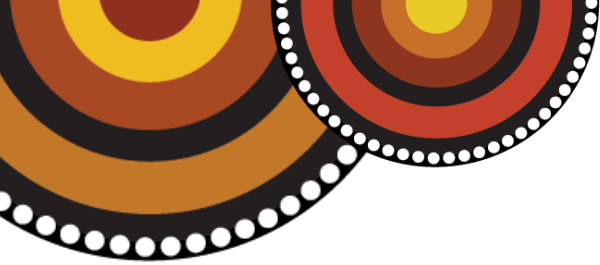
# Aboriginal Services Directory

This directory is a guide to services for Aboriginal children and young people and their families.

Information in the guide is updated regularly.

To include a listing or update information please email [commissionerACYP@sa.gov.au](mailto:commissionerACYP@sa.gov.au)





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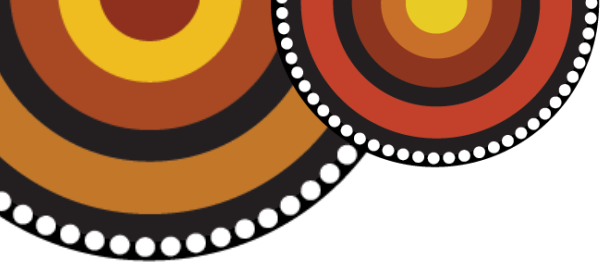




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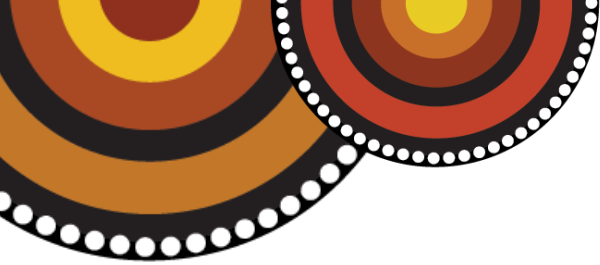




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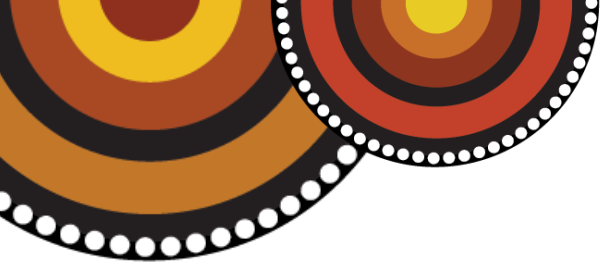




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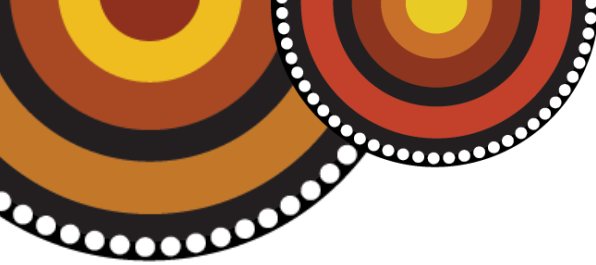




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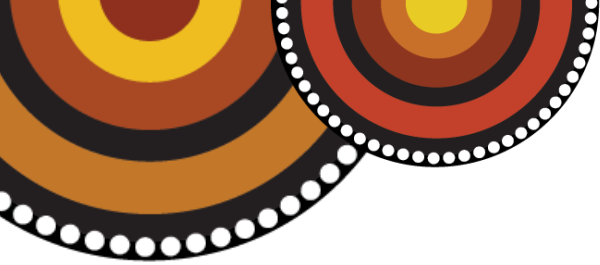




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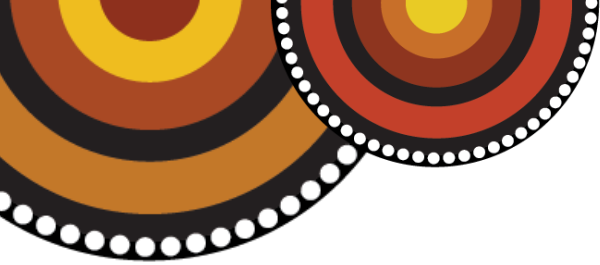


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## Helplines

Help in crisis situations (24 hours)

- **Domestic Violence Crisis Line** phone [1800 800 098](tel:1800800098)
- **Homeless Connect SA** (including families) phone [1800 003 308](tel:1800003308)

[Crisis advice and accommodation - South Australian Government](#)

## More helplines

**If life is in danger, phone [000](tel:000) (triple zero)**

### [Adults Supporting Kids \(ASK\)](#)

A self-service website for adults concerned about the safety or wellbeing of a child, young person, or family. Find resources and services in your area, use the self-service *Just ASK* tool, or seek help through Chat (9:00 am to 5:00 pm weekdays).

### [1800 RESPECT](#)

A national sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Phone [1800 737 732](tel:1800737732) (24-hour service)

[Information in other languages](#)

### [Parent Helpline South Australia](#)

Parent Helpline gives advice on child health and parenting.

Phone [1300 364 100](tel:1300364100) (24-hour service)

### [Child Abuse Report Line](#)

Phone this services if you think a child may be at risk of violence, abuse or neglect, including Female Genital Cutting, or early or forced marriage.

Phone [13 14 78](tel:131478) (24-hour service)

[Child abuse reporting - when to report and what happens next](#)

### [Kids Helpline](#)

Phone and online support for children and young people up to 25 years, including about becoming a parent. Online chat is available.

Phone [1800 55 1800](tel:1800551800) (24-hour service)

[Email Kids Helpline](#)

[Kids Helpline Online Chat](#)

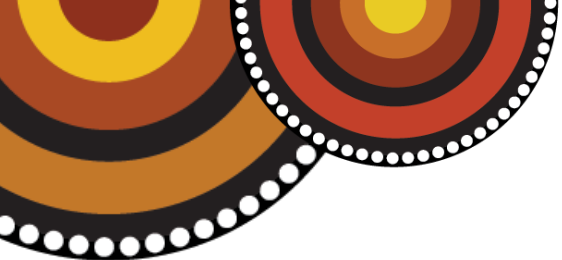
### [Beyond Blue](#)

Beyond Blue is there to help anyone who feels sad or worried. Information in many languages.

Phone [1300 22 4636](tel:1300224636) (24-hour service)

[Email Beyond Blue](#)





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### Mensline

Talk to a male counsellor about wellbeing, relationships, dealing with anger and keeping your family safe. Phone, online and video chat.

Phone [1300 78 99 78](tel:1300789978) (24-hour service)

## **Family history**

### Link-Up (Nunkuwarrin Yunti of South Australia)

Family tracing, reunion and counselling services to Aboriginal and Torres Strait Islander people and their families who have been separated under the past policies and practices of the Australian Government. Assistance is also provided to people over the age of 18 years who have been adopted, fostered or raised in institutions.

Phone [8406 1600](tel:84061600)

### Aboriginal Institute of Aboriginal and Torres Strait Islander Studies - Aboriginal Family History Unit

For information, support and a range of resources to help with researching your family history.

Phone [1800 352 553](tel:1800352553)

### SA Museum

Has several resources, including:

- [Aboriginal Cultures gallery and archives collection](#)
- [The Aboriginal Living Languages SA Co-operative](#)

### Tandanya National Aboriginal Cultural Institute

Provides access to contemporary and traditional Aboriginal and Torres Strait Islander cultural expressions through the visual and performing arts.

Phone [8224 3200](tel:82243200)

## **Aboriginal Education only sites**

### Kura Yerlo Incorporated – Seaton SA

[Kura Yerlo Incorporated](#) provides culturally focused childcare and opportunities to be involved in the local community through participation in groups and forums.

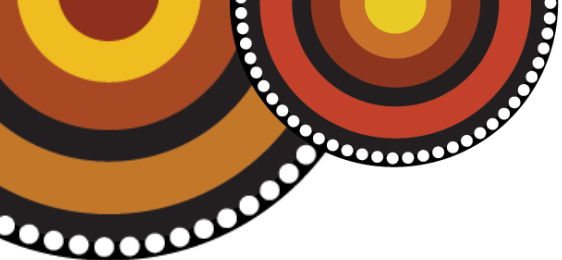
Phone [8449 7367](tel:84497367)

### Kalaya Children's Centre – Queenstown SA

Provides culturally focussed preschool and early learning opportunities. May also be able to assist families during times of crisis.

Phone [8447 6519](tel:84476519)





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Kurna Plains Children's Centre –  
Elizabeth SA

Provides culturally focussed preschool,  
playgroups. May also be able to assist  
families during times of crisis.

Phone [8252 5936](tel:82525936)

Taikurrendi Children and Family  
Centre – Christies Beach SA

Provides preschool and occasional care,  
playgroups and access to child health  
nurses and speech pathology for children.  
May also be able to assist families during  
times of crisis.

Phone [8186 1102](tel:81861102)

Tauondi Aboriginal Community  
College - Port Adelaide

Is an Aboriginal college providing  
education, training and employment  
services.

Phone [8240 0300](tel:82400300)

## University and Further Education Aboriginal support

[Flinders University](#)

[Indigenous students - Flinders University](#)

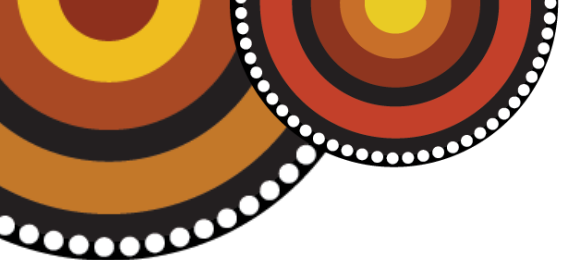
[UniSA](#)

[Aboriginal Tutorial Program - Student  
Support Services - Intranet - University of  
South Australia \(unisa.edu.au\)](#)

Indigenous Youth Mobility Program

The Indigenous Youth Mobility Pathways  
Project (IYMP) is funded through the  
National Indigenous Australians Agency  
(NIAA). Career Employment Australia (CEA)  
proudly delivers the IYMP in 7 locations  
across Australia. IYMP is an innovative  
project which supports young Aboriginal  
and Torres Strait Islander people from  
regional and remote communities across  
the nation to Dream, Learn and Lead.  
Phone 0403 575 264





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## Scholarships

Winning a scholarship can be an effective way of helping to pay for your education.

Schools, universities and other educational institutions offer scholarships based on various criteria. These may be merit-based or related to the cultural or social background of students.

External institutions and benefactors also fund scholarships for various reasons, including needs-based or career specific.

### Disadvantaged young people

You can search for grants available to young people living in South Australia on the GRANTassist website.

The Commonwealth Scholarships Program provides support to eligible Indigenous higher education students with the general costs of study and support where they have had to move from a rural or remote area in order to study.

### Government schools

Some government schools offer scholarships or awards that are usually sponsored by an organisation to help cover the cost of specific educational activities. In most cases it is for students already

attending the school. Talk to the principal to find out more.

In addition the STEM scholarship for high school students is available for students to pursue mathematics and science subjects

### Rural and regional students

The Commonwealth Rural and Regional Enterprise Scholarships (RRES) program helps Australians in regional and remote areas to access higher education. It supports people studying from Certificate IV through to PhD level.

### Study in regional locations

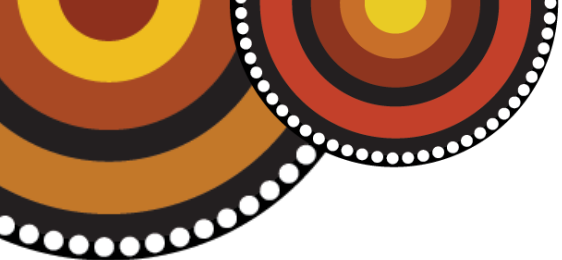
The Commonwealth Destination Australia scholarship program supports both Australian and international students to study in regional Australia. Scholarships are offered to support the study and living expenses associated with studying a Certificate IV to Doctorate level qualification at a regional campus of an eligible tertiary education provider.

### Universities

Visit the websites of South Australia's three universities to find out about their range of scholarships:

- Flinders University
- University of Adelaide





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- o UniSA

Scholarship programs offered by other universities in Australia can be found at Study Assist website.

### Vocational education and training (VET)

The Commonwealth Scholarships Program for Young Australians provides scholarships for young Australians from select regions to undertake an eligible VET qualification.

## Carers

### Grandparents for Grandchildren

Provides support to grandparents and other kinship carers who may be struggling with the complexities of caring for their grandchildren.

Phone [8212 1937](tel:82121937)

### Carer Support – Aboriginal Support Program

Helps people deal with the unique challenges of unpaid caring roles.

Phone [8329 5888](tel:83295888)

## Healthy children

### Child and Family Health Service (CaFHS)

CaFHS is a free service for babies and children up to 5 years. Nurses can help with children's health, eating, sleeping and development. Some CaFHS sites have Aboriginal workers you can speak to.

For an appointment, phone [1300 733 606](tel:1300733606)

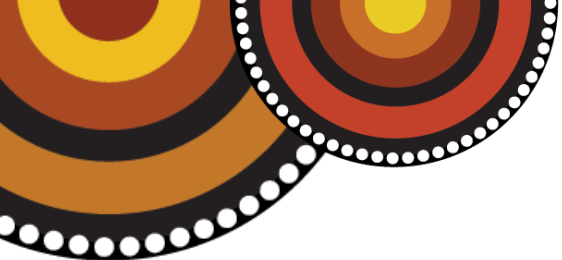
Hours: 9.00 am to 4.30 pm, Monday to Friday.

### Raising Children Network

Information in many languages about raising children and young people. Topics include:

- o [Aboriginal and Torres Strait Islander parents](#)
- o [Baby Development milestones](#)
- o [Co-parenting](#)
- o [Multicultural families](#)
- o [Pregnancy and birth](#)
- o [Parenting as a teenager](#)
- o [Rainbow and same-sex families](#)
- o [Young parents \(video - 7 mins\)](#)





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## Immunisation

### COVID-19 (Coronavirus)

Information for Aboriginal and Torres Strait Islander peoples about COVID-19 vaccines.

### SA Health - Immunisation programs

Immunisation programs help reduce the impact of vaccine-preventable diseases.

### SA Health - Aboriginal immunisation recommendations

There are extra recommendations for Aboriginal and Torres Strait Islander people for some vaccines due to a higher risk of some vaccine-preventable diseases.

### National Immunisation Schedule

For specific information on immunisations for Aboriginal children in South Australia.

## Safety for babies and children

### SA Health - Deadly Kids SA

Deadly Kids SA aims to support Aboriginal children to be happy, healthy and strong — by providing a number of different activities to promote the health and wellbeing of Aboriginal children and their families across South Australia.

### Kidsafe SA

For child safety and injury prevention information and advice.

Phone [7089 8554](tel:70898554)

## Healthy adults

### healthdirect

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

Phone: 1800 022 222

Website: [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## Alcohol and drugs

### Alcohol & Drug Counselling Online

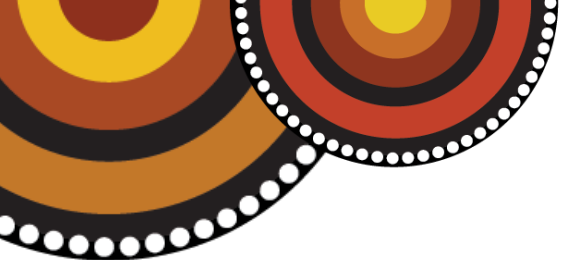
Alcohol & Drug Counselling Online provides a confidential 24/7 chat service with a qualified drug and alcohol counsellor.

Website: [www.counsellingonline.org.au](http://www.counsellingonline.org.au)

### Alcohol and drug information service

Alcohol and drug information service (ADIS) is a state-wide confidential telephone counselling, information and referral service for the general public,





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concerned family and friends, students and health professionals. The service is run by Drug and Alcohol Services South Australia and is available 8:30 am to 10:00 pm CST, every day.

Phone: 1300 13 1340

### Alcoholics Anonymous

Alcoholics Anonymous (AA) provides a 24/7 free support service and information about AA meetings.

Phone: 1300 222 222

Website: [www.aa.org.au](http://www.aa.org.au)

### Family Drug Support Australia

Family Drug Support Australia offers a 24/7 support phone line for families and friends of people using drugs and alcohol.

Phone: 1300 368 186

### Mobile Assistance Patrol

Mobile Assistance Patrol (MAP) transports individuals within the CBD who are vulnerable, under the influence of alcohol and other drugs, and at risk of harm or being involved in anti-social behaviour, minimising contact with the justice system. MAP operates between 6:00 pm and 2:00 am CST, every day. The service is provided by the Aboriginal Sobriety Group.

Phone: 0411 474 368

Website: MAP

### Clean needle program

Provides a range of services including the provision of sterile needles and syringes, sharps disposal containers and disposal facilities, information, education, and referral for people who inject drugs.

Phone: 1300 13 1340

Website: ADIS - SA Health

## Health and wellbeing

Bush tucker, health eating and wellness

[Recipes and advice from Kidney Health Australia.](#)

Australian Indigenous Health Infonet

[Australian Indigenous Health Infonet](#) has information on a wide range of Aboriginal topics.

Aboriginal Oral Health Program

[Aboriginal Oral Health Program](#) helps to increase health knowledge in the community and give better access to dental services.

Phone [7717 0080](tel:77170080)







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## Towards Independence Sobering Up Unit

Accommodation, support and advocacy for  
Aboriginal people dealing with alcohol  
addiction.

Phone [8212 2855](tel:82122855)

## Aboriginal Sobriety Group

Aboriginal Sobriety Group is dedicated to  
the sobriety and healing of Aboriginal  
people. Provides support and pathways  
away from grief, loss, trauma and abusive  
lives.

Adelaide phone [8223 4204](tel:82234204)

Riverland phone [8580 8700](tel:85808700)

# Aboriginal Health Services

*Adelaide*

### **Nunkuwarnin Yunti,**

**Adelaide**

Phone 8406 1600

### **Elizabeth Downs**

Phone 8254 9182 (closed Mondays)

### **Christies Beach**

Phone 8186 1548

### **Wonggangga Turtpandi Primary Health Care Centre, Port Adelaide**

Phone 8240 9611

### **Maringga Turtpandi, Hillcrest**

Phone 7425 8900

### **Southern Adelaide Local Health Network, Aboriginal Primary Health Services**

Noarlunga Phone 8384 9577

Clovelly Park Phone 8179 5900

### **Muna Paiendi Health Service, Elizabeth**

Phone 8182 9206

*Country Centres*

### **Pangula Mannamurna Health Service, Mount Gambier**

Phone 8724 7270

### **Ceduna/Koonibba Aboriginal Health Service**

Phone 8626 2600

### **Port Lincoln Aboriginal Health Service**

Phone 8683 0162

### **Pika Wiya Community Health Centre, Port Augusta**

Phone 8642 9999

### **Riverland Community Health Service, Barmera Hospital**

Phone 8588 0420

### **Nunyara Wellbeing Centre, Whyalla**

Phone 8649 9900

### **Moorundi Aboriginal Community**

### **Controlled Health Service, Murray Bridge**

Phone 1800 023 846

### **Clinics at Murray Bridge, Raukkan and Victor Harbor**





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**Tapari Wellbeing Centre, Port Pirie**

Phone [8633 0585](tel:86330585)

**Umoona Tjutagku Health Service, Coober Pedy**

Phone [8672 5255](tel:86725255)

**Tullawon Health Service Inc, Yalata**

Phone [8625 6237](tel:86256237)

**Nganampa Health Council, Alice Springs**

Phone [8952 5300](tel:89525300)

More health information

Healthdirect

To speak to a nurse about health problems

Phone [1300 022 222](tel:1300022222) (24-hour service)

Quit SA

Support for Aboriginal people who want to quit smoking

Phone [13 78 48](tel:137848)

Mental Health Telephone Triage Service

Mental health assessment and crisis service.

Phone [13 14 65](tel:131465) (24-hour service)

## Support for families and young people

### 1800RESPECT

A national sexual assault, family and domestic violence counselling line is open 24/7 for anyone who has experienced, or is

at risk of, physical or sexual violence, including young people.

Phone: [1800 737 732](tel:1800737732)

Website: [1800respect.org.au](http://1800respect.org.au) and [chat online](#)

### BlueKnot Helpline

Staffed by trained trauma-informed counsellors, this helpline offers information, support and referral to survivors of childhood trauma and abuse, and partners, family and friends of survivors. The service is available between 8:30 am and 5:30 pm CST Monday to Friday and between 8.30 am and 4:30 pm CST Saturday and Sunday and public holidays.

Phone: [1300 657 380](tel:1300657380)

Website: [blueknot.org.au](http://blueknot.org.au)

### Bravehearts

Counselling service for child protection and child sexual abuse. The service is available between 8:00 am and 4:00 pm CST Monday to Friday.

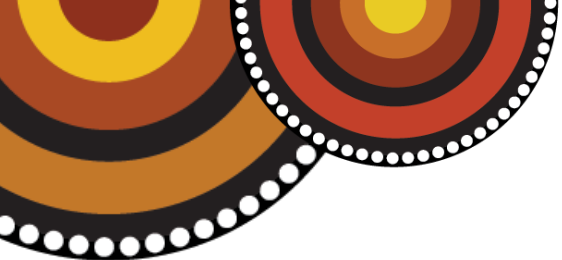
Phone: [1800 272 831](tel:1800272831)

Website: [bravehearts.org.au](http://bravehearts.org.au)

### CAMHS Connect

The Child and Adolescent Mental Health Service (CAMHS) is a specialist mental health service offered by the Women's and Children's Health Network. CAMHS Connect is a referral triage service and can





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receive enquiries from young people, parents and carers, GPs, paediatricians, public sector and private providers, school staff, or any other person regarding referral into CAMHS. They will assist with making an appointment at the most convenient location. CAMHS Connect is available from 9:00 am to 5:00 pm CST Monday to Friday, except for public holidays.

Phone: [1300 222 647](tel:1300222647) (1300 2 CAMHS)

Website: [wchn.sa.gov.au](http://wchn.sa.gov.au)

### Child Abuse Report Line

To report a reasonable suspicion that a child has been or is being abused or neglected phone the Child Abuse Report Line (CARL). The report line is open 24/7.

Phone: [13 14 78](tel:131478)

Website: [Report child abuse](http://Reportchildabuse)

### Crisis Care - Child protection

If a crisis happens to children who are under the Guardianship of the Minister on a weekday between 9:00 am and 5:00 pm CST, contact your child's caseworker or the relevant [Department for Child Protection office](#).

For after-hours response phone: [13 16 11](tel:131611).

### Elm Place

Elm Place is the home of support services to people whose lives have been affected by institutional and out-of-home care as

children specifically, forgotten Australians, former child migrants, forced adoption, the Stolen Generations and people affected by the Royal Commission into Institutional Responses to Child Sexual Abuse. The phone lines are available 9:00 am to 5:00 pm CST Monday to Friday, except for public holidays.

Phone:

Post Care: [1800 188 118](tel:1800188118)

Find & Connect: [1800 161 109](tel:1800161109)

Redress Support Services: [1800 998 187](tel:1800998187)

Website: [elmplace.org.au](http://elmplace.org.au)

### eheadspace

A free and confidential telephone and chat service for young people aged 12 to 25.

Qualified youth mental health professionals provide support to young people worried about their mental health or experiencing issues such as depression, bullying and isolation. The phone line is open from 11:30 am and 7:30 pm CST, every day.

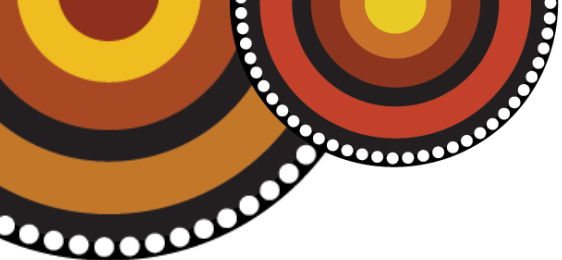
Phone: [1800 650 890](tel:1800650890)

Website: [eheadsplace.org.au](http://eheadsplace.org.au) and [chat online](#).

### Kids Helpline

Provides confidential telephone and online counselling services to young people aged 5 to 25 years old for any reason 24/7.





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Phone: [1800 551 800](tel:1800551800)

Website: [kidshelpline.com.au](http://kidshelpline.com.au) and [chat online](#)

### Parent Helpline

The Women's and Children's Health Network (WCHN) Parent Helpline provides telephone information and support for parents of children under the age of 12. The service is available 24/7. Calls received between 7:15 am to 9:15 pm CST will be answered by local Parent Helpline staff; calls received outside these hours will be automatically redirected to the national healthdirect helpline.

Phone: [1300 364 100](tel:1300364100)

Website: [cafhs.sa.gov.au](http://cafhs.sa.gov.au)

### Youth BeyondBlue

Provides information and confidential telephone and chat counselling 24/7 for young people aged 12 to 25 years old, who may be experiencing anxiety, depression or suicidal thoughts.

Phone: [1300 22 4636](tel:1300224636)

Website: [youthbeyondblue.com](http://youthbeyondblue.com)

### Adults Supporting Kids (ASK)

A self-service website for adults concerned about the safety or wellbeing of a child, young person, or family.

Find resources and services in your area, use the self-service *Just ASK* tool, or seek

help through Chat (9:00 am to 5:00 pm weekdays).

### Metropolitan Youth Health Service (MyHealth)

Provides free health services and programs to young people aged 12–25 years across metropolitan Adelaide. Please contact your local Metropolitan Youth Health site for information on opening hours and services, or to make an appointment.

Elizabeth

Phone [8255 3477](tel:82553477)

Christies Beach

Phone [8326 6053](tel:83266053)

Angle Park

Phone [8243 5637](tel:82435637)

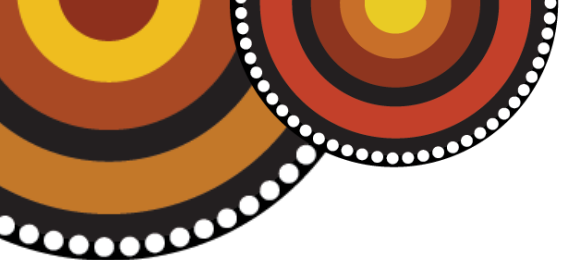
### Talking Realities Young Parenting Program and Indigenous Young Parents Program

For young people aged under 25 years who are pregnant or parenting.

Westwood Health Centre, Unit 1, 40–44 Trafford Street, Angle Park.

Phone [8243 5637](tel:82435637)





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### Metropolitan Aboriginal Youth and Family Services (MAYFS)

MAYFS works closely with Aboriginal young people who have had contact with the youth justice system within metropolitan Adelaide.

Phone [1800 NUKKIN \(1800 685 546\)](tel:1800685546)

### Breathing Space (Centacare SA)

Culturally responsive support service for Indigenous women under the age of 25 years who have had a child or children removed from their care.

Phone [8159 1700](tel:81591700)

### Korna Winmil Yunti

The Stronger Safer Families Outreach Hubs are a culturally appropriate service to address and reduce family violence and improve the safety of women and children in the home.

Phone [8377 7822](tel:83777822)

### Relationships Australia SA

Support for parents and caregivers in nurturing children's development and wellbeing.

Phone [1300 364 277](tel:1300364277)

Country callers phone [1800 182 325](tel:1800182325)

### Uniting Communities (Adelaide)

Family and homelessness support, counselling, financial aid, and legal services.

Phone [1800 615 677](tel:1800615677)

### Uniting Care Wesley Bowden

Child, family and specialist services, financial aid, homelessness services and emergency help.

Phone [8245 7100](tel:82457100)

### Uniting SA

Mental health support, employment services, aged and disability care, homelessness services and emergency help.

Phone [8440 2200](tel:84402200)

### Uniting Care Wesley Country SA (Port Pirie)

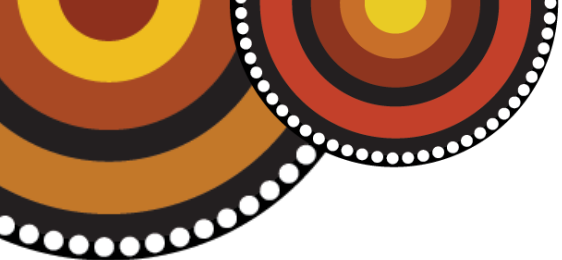
Uniting Country SA provides services to families, single adults and children, who are experiencing difficulties such as domestic violence, disability, mental health issues, financial distress, homelessness, and family breakdown in country SA.

Phone [8633 8600](tel:86338600)

### Centacare

Relationship support services, children's services, counselling, disability services, domestic violence, drug and alcohol services, pregnancy support, foster care,





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youth homelessness and community services.

Phone [8215 6700](tel:82156700)

### Anglicare SA

Youth and family support, disability services, financial and gambling support, foster care, retirement living, homelessness services and emergency help.

Phone [8305 9200](tel:83059200)

### Mission Australia

Family support, mental health support, counselling, disability support, employment and training, homelessness services.

Phone [8218 2800](tel:82182800)

## Trauma and healing

### Anangu Ngangkari Tjutaku

#### Aboriginal Corporation (ANTAC)

Traditional Aboriginal Healers (Ngangkaris)

Phone [8355 0135](tel:83550135)

### The Healing Foundation

Information, resources and further sources of support for Aboriginal people who have experienced trauma including those from the Stolen Generations.

Phone [\(02\) 6272 7599](tel:0262727599)

### Backpacks 4 SA Kids

Backpacks 4 SA Kids exists to provide resources that contribute to the care, safety and wellbeing of children and young people during periods of dislocation from home and routine care.

[0414 490 003](tel:0414490003)

[hello@backpacks4sakids.org](mailto:hello@backpacks4sakids.org)

### Treasure Boxes

Treasure Boxes opened in May 2015 and is a South Australian based not-for-profit children's charity. We provide vital essentials to newborns, babies and children living in disadvantage within our community.

Through gifting essential children's goods to families at risk of poverty, homelessness and domestic violence, we alleviate severe hardship, financial burden, reduce the risk of poverty and homelessness, ease trauma and provide hope to those most vulnerable.

#### CONTACT

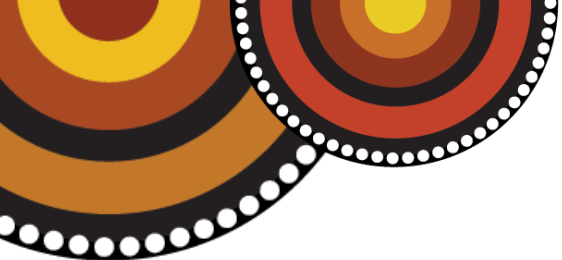
0402 814 818

[admin@treasureboxes.org.au](mailto:admin@treasureboxes.org.au)

#### ADDRESS

Warehouse 6, 1-5 De Laine Avenue  
Edwardstown SA 5039





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## Legal services

### Aboriginal Legal Rights Movement

*Head Office*

321-325 King William Street, Adelaide South  
Australia, 5000 Australia

Tel: (08) 8113 3777 (24 hour service for  
emergencies) Free call™ (SA Only) 1800 643

222 Email: [info@alrm.org.au](mailto:info@alrm.org.au)

*Regional Offices*

#### **Port Augusta:**

12 Church Street, Port Augusta, South  
Australia 5700

Tel: (08) 8113 3788

#### **Ceduna:**

Shop 8/35 Poynton Street, Ceduna, South  
Australia 5690

Tel: (08) 8113 3799

#### **Port Lincoln:**

12 Lewis Street, Port Lincoln, South  
Australia 5606

Mobile: 0447 618 292

#### **OPERATING HOURS (metro and regional offices)**

Monday – Friday: 9:00am – 5:00pm

Saturday – Sunday: Closed

## Hardship

### Foodbank Australia | Fighting Hunger In Australia

#### **South Australia – Edwardstown**

377A Cross Road, Edwardstown, SA 5039

PO Box 40, Edwardstown, SA 5039

Tel: 08 8351 1136

Fax: 08 8351 1137

[reception@foodbanksa.org.au](mailto:reception@foodbanksa.org.au)

Opening Hours

Office: Weekdays 9.00am -4.30pm (closed  
public holidays)

Foodbank Food Hub: Weekdays 9.30 am –  
2.30 pm (closed public holidays)

Order Collections: Mondays, Tuesdays,  
Wednesdays 9am-2pm, Thursdays &  
Fridays 9am-12pm (closed weekends and  
public holidays)

#### **Foodbank Riverland**

Cnr Hoskin Rd & Old Sturt Hwy, Berri SA  
5343

Branch Manager: Peter Smith

Tel: 08 8582 1093

[peters@foodbanksa.org.au](mailto:peters@foodbanksa.org.au)

Monday, Wednesday & Friday 9am-1.00pm

#### **Foodbank Mount Gambier**

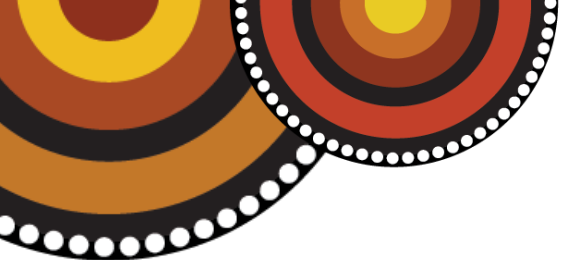
23 Cave Rd, Mount Gambier SA 5290

Branch Manager: Lynne Neshoda

Tel: 08 8723 0287

[lynnen@foodbanksa.org.au](mailto:lynnen@foodbanksa.org.au)





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Warehouse: Monday, Wednesday & Friday  
9am-12.30pm

Foodbank Food Hub: Monday &  
Wednesday 1pm to 4pm. Thursday 9am to  
4pm

#### **Foodbank Whyalla**

15 Jacobs Street, Whyalla Norrie SA 5608

Branch Manager: Zoe Norman

Tel: 08 8644 2759

zoen@foodbanksa.org.au

Warehouse: Mondays: 10 am – 2 pm

Tuesday, Wednesday & Thursday 8.30am-  
3.00pm

Foodbank Food Hub: Mon, Wed and Friday  
9am – 1pm

Thursday 10am – 2pm

#### **Foodbank Food Hub Edwardstown**

377 Cross Road Edwardstown

Tel: 8351 1136

Weekdays: 9.30 am – 2.30 pm (closed public  
holidays)

#### **Foodbank Food Hub Christies Beach**

59-61 Beach Road, Christies Beach

Tel: 0407 183 403

Weekdays: 9am-3.00pm (closed public  
holidays)

#### **Foodbank Food Hub Davoren Park**

130 Peachey Road, Davoren Park

Tel: (08) 8284 4739

Weekdays: 9.30am-2.30pm (closed public  
holidays)

#### **Foodbank Food Hub Murray Bridge**

209 Adelaide Road, Murray Bridge, SA 5253

Tel: 0481 338 440

Monday to Friday : 9:30am-3:00pm (closed  
public holidays)

#### **Foodbank Food Hub Woodville**

697 Port Road, Woodville, SA 5011

Tel: 0447 893 133

Weekdays: 9am-3.00pm (closed public  
holidays)

#### **Foodbank Food Hub Ceduna**

2 McKenzie Street, Ceduna

Tel: (08) 8625 3918

Monday, Wednesday & Friday : 9.30am –  
1.30pm (Closed Tuesday, Thursday & public  
holidays)

#### OzHarvest Australia | Australia's leading food rescue organisation

Office: 25-27 Manton Street, Hindmarsh, SA  
Australia 5007

Phone: (08) 7007 0080

Email: [adelaide.info@ozharvest.org](mailto:adelaide.info@ozharvest.org)

#### Heart & Soul Group | Humanity for the heart, food for the soul ([heartandsoulinc.org.au](http://heartandsoulinc.org.au))

Food Relief Centres as follows:

Colonnades Shopping Centre

Opposites Colonnades Tavern

Monday 10:00 am - 2:00 pm

Tuesday 10:00 am - 2:00 pm

Wednesday 10:00 am - 2:00 pm







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Thursday 10:00 am - 2:00 pm

Friday 10:00 am - 2:00 pm

Saturday Closed

Sunday Closed

### **Heart & Soul Group Warehouse**

30 Fourth St

Wingfield SA 5013

Monday 10:00 am - 2:00 pm

Tuesday 10:00 am - 2:00 pm

Wednesday 10:00 am - 2:00 pm

Thursday 10:00 am - 2:00 pm

Friday 10:00 am - 2:00 pm

Saturday Closed

Sunday Closed

### **Emergency Financial Assistance Program**

Department of Human Services -  
Emergency Financial Assistance Program is  
a free confidential service for people  
experiencing financial difficulties anywhere  
across the state.

Eligible clients can receive food parcels,  
supermarket vouchers, referral  
to [Foodbank SA](#) or assistance with other  
costs of living concerns.

### **Ask Izzy**

Ask Izzy can help you to find the services  
you need, now and nearby. It is free and  
anonymous, and you can search over  
360,000 services to find housing, meals,  
healthcare, counselling, legal advice,

addiction treatment and a whole lot  
more. [Locate a relief service near you.](#)

### **Affordable SA**

Affordable SA is operated by Salvation  
Army and can provide financial counselling,  
mental health support and material  
assistance. The service is available 9:30 am  
to 8:00 pm CST Monday to Thursday and  
9.30 am to 4.30 pm CST Friday, except for  
public holidays.

Phone: [1800 025 539](tel:1800025539)

Website: [affordablesa.com.au](http://affordablesa.com.au)

### **The Salvation Army Australia | Hope where it's needed most**

#### **Adelaide Community Support Services**

277 Pirie St

ADELAIDE SA 5000

Phone: [\(08\) 8227 0199](tel:0882270199)

#### **Other locations**

55 George St

NORWOOD SA 5067

Phone: [\(08\) 8332 0283](tel:0883320283)

1-7 Gray St

KILKENNY SA 5009

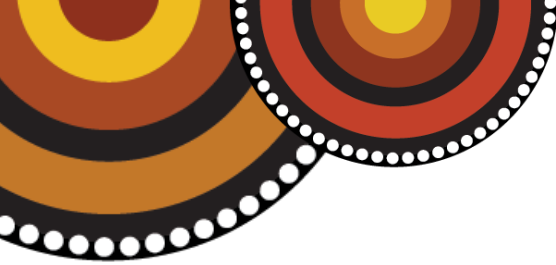
Phone: [\(08\) 8445 2044](tel:0884452044)

Cnr Bridge & Maxwell Rds

INGLE FARM SA 5098

Phone: [\(08\) 8397 9333](tel:0883979333)





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138 Reservoir Rd  
MODBURY SA 5092  
Phone: [\(08\) 8360 6444](tel:(08)83606444)  
Corner Kinkaid Rd & Aylwin St  
ELIZABETH EAST SA 5112  
Phone: [\(08\) 8255 8811](tel:(08)82558811)  
186 Elizabeth Road  
MORPHETT VALE SA 5162  
Phone: [\(08\) 8384 6014](tel:(08)83846014)  
17a Fletcher Rd  
MOUNT BARKER SA 5251  
Phone: [\(08\) 8398 2686](tel:(08)83982686)  
139 Main Street  
PETERBOROUGH SA 5422  
Phone: [\(08\) 8651 3426](tel:(08)86513426)  
5-7 Viscount Slim Avenue  
WHYALLA NORRIE SA 5608  
Phone: [\(08\) 8645 7101](tel:(08)86457101)  
41-45 Marine Avenue  
PORT LINCOLN SA 5606  
Phone: [\(08\) 8682 6724](tel:(08)86826724)

## Identification

Birth Certificates

### Victoria

[Get a birth certificate | Births Deaths and Marriages Victoria \(bdm.vic.gov.au\)](#)

### Queensland

[Applying for a birth certificate | Your rights, crime and the law | Queensland Government \(www.qld.gov.au\)](#)

### South Australia

[SA.GOV.AU - Apply for a birth certificate \(www.sa.gov.au\)](#)

### Northern Territory

[Apply for birth, death or marriage certificate | NT.GOV.AU](#)

### Tasmania

[Births, Deaths and Marriages : Apply for a birth certificate \(justice.tas.gov.au\)](#)

### Western Australia

[The Registry of Births, Deaths and Marriages \(www.wa.gov.au\)](#)

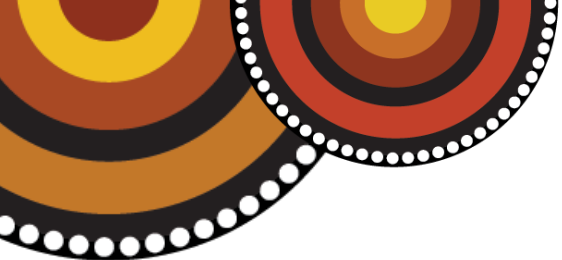
### New South Wales

[Birth certificates | NSW Government](#)

### Australia Capital Territory

[Application for Certificate \(act.gov.au\)](#)





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## Proof of Aboriginality

### General Information

In the first instance if your language group/mob have their own community council please contact them for instructions in how to apply for proof of Aboriginality

[Proof of Aboriginality | AIATSIS](#)

### Northern Territory

[Confirmation of Aboriginality Certification | NTSGAC](#)

### South Australia

[www.nunku.org.au](http://www.nunku.org.au)

### Victoria

Phone: [13 11 02](tel:131102)

Email: [info@museum.vic.gov.au](mailto:info@museum.vic.gov.au)

Website: <http://museumvictoria.com.au/B>

Phone: [\(03\) 5143 1644](tel:0351431644)

Email:

Website: [www.ramahyuck.org](http://www.ramahyuck.org)

Phone: [\(03\) 5150 3573](tel:0351503573)

Email: [admin@glawac.com.au](mailto:admin@glawac.com.au)

Website: [www.gunaikurnai.com.au](http://www.gunaikurnai.com.au)

Phone: [\(03\) 5150 0700](tel:0351500700)

Email: [keepingplace@gegac.org.au](mailto:keepingplace@gegac.org.au)

Website: <https://www.gegac.org.au/keepingplace/>

Phone: [\(03\) 8662 6300](tel:0386626300)

Email: [info@koorieheritagetrust.com](mailto:info@koorieheritagetrust.com)

Website: <http://koorieheritagetrust.com.au/>

### Australian Capital Territory

[Proof of Aboriginality \(rumbalara.org.au\)](#)

### Tasmania

[Tasmanian Aboriginal ancestry \(libraries.tas.gov.au\)](#)

### Western Australia

[Western Australia | AIATSIS](#)

### Queensland

[Family history request form | Aboriginal and Torres Strait Islander peoples |](#)

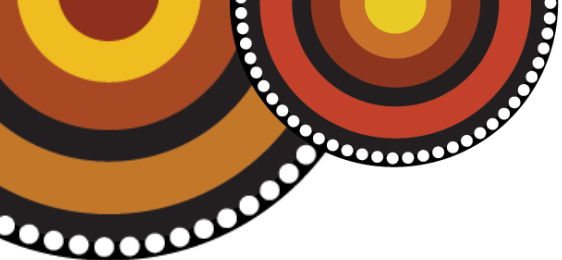
[Queensland Government \(www.qld.gov.au\)](http://www.qld.gov.au)

## Help in crisis

### Uniting Care SA

The Microfinance program provides individuals and families on low incomes access to safe, fair and affordable credit for essential items and services. Loans are free of interest charges and fees.





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The Good Shepherd No Interest Loan Scheme (NILS) loans are available for up to \$1,500 for essential goods and services such as fridges, washing machines and medical procedures. Repayments are set up at an affordable amount over 12 to 18 months.

UCSA's microfinance loans are available for up to \$800 and cover expenses such as medical related and medication costs, sporting fees and equipment, and yard cleaning.

[Microfinance Loans | Uniting Country SA \(ucsa.org.au\)](#)

### Funeral assistance SA

Funeral AssistanceSA helps people who have experienced the death of a South Australian family member or friend to cover the costs of a funeral.

Applicants must meet income eligibility criteria and have exhausted all other options to raise funds or obtain credit.

Email [FuneralAssistanceSA@sa.gov.au](mailto:FuneralAssistanceSA@sa.gov.au)

Phone [1300 762 577](tel:1300762577)

### Domestic Violence Crisis Line

The Domestic Violence Crisis Line is a 24/7 crisis counselling support and referral for women and children to safe accommodation.

Phone: 1800 800 098

Website: [womenssafetyservices.com.au](http://womenssafetyservices.com.au)

### Homeless Connect SA

Homeless Connect SA, is a 24/7 state-wide telephone service for anyone experiencing homelessness in South Australia. Available anytime as a free call to help you find information and a direct referral to homelessness services.

Phone: 1800 003 308

Website: [homelessconnectsa.org](http://homelessconnectsa.org)

### See someone sleeping rough

If you see someone sleeping rough in the Adelaide CBD or surrounding parklands use Street Connect to refer someone you've seen sleeping rough in the Adelaide CBD or surrounding parklands

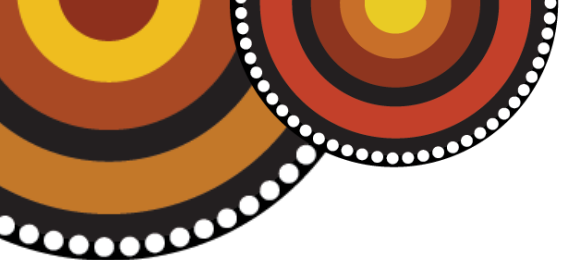
### SYC Trace-A-Place

SYC Trace-A-Place is part of Homeless Connect SA especially for young people aged 15 to 25. It is a 24/7 state-wide telephone service for young people experiencing homelessness in South Australia. Available anytime as a free call to help you find information and a direct referral into homelessness services.

Phone: 1800 003 308

Website: [syc.net.au](http://syc.net.au)





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## Disability supports

### National Disability Abuse and Neglect Hotline

The National Disability Abuse and Neglect Hotline provides support to you or someone you may care for to report abuse and neglect of people with disabilities. The hotline is available from 8:00 am to 6:30 pm CST Monday to Friday, except on Australian national public holidays.

Phone: [1800 880 052](tel:1800880052)

Website: [Australian Government](http://AustralianGovernment.gov.au)

### SA Abuse Prevention Phone Line

Call the SA Abuse Prevention Phone Line during business hours Monday to Friday, except on public holidays if you are concerned about yourself or someone you know who is at risk of, or experiencing, abuse by someone they should be able to trust.

The service is available to vulnerable adults:

- aged 65 years and over
- Aboriginal or Torres Strait Islander people, aged 50 years and over
- adults living with a disability.

Phone: [1800 372 310](tel:1800372310)

Website: [SA Abuse Prevention Phone Line](http://SAAbusePreventionPhoneLine.com.au) - SA Health

### BlueKnot Helpline

National disability counselling and referral service.

Phone: [1800 421 468](tel:1800421468)

Website: [blueknot.org](http://blueknot.org)

## Financial support

### Affordable SA

Affordable SA is operated by Salvation Army and can provide financial counselling, mental health support and material assistance. The service is available 9.30 am to 8:00 pm CST Monday to Thursday and 9:30 am to 4:30 pm CST Friday, except for public holidays.

Phone: [1800 025 539](tel:1800025539)

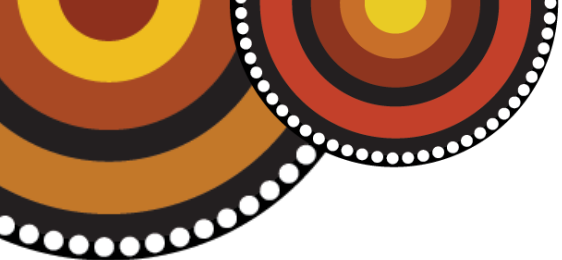
Website: [affordablesa.com.au](http://affordablesa.com.au)

### Emergency Financial Assistance Program

Department of Human Services - Emergency Financial Assistance Program is a free confidential service for people experiencing financial difficulties anywhere across the state.

Eligible clients can receive food parcels, supermarket vouchers, referral to [Foodbank SA](http://FoodbankSA.com.au) or assistance with other costs of living concerns.





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### Mob Strong Debt Helpline

Phone: [1800 808 488](tel:1800808488)

Website: [financialrights.org.au](http://financialrights.org.au)

### Moneysmart.gov.au

Financial counselling is a free and confidential service offered by community organisations, community legal centres and some government agencies.

Website: [moneysmart.gov.au](http://moneysmart.gov.au)

### GlassesSA - Optometrists

GlassesSA helps South Australians obtain low-cost glasses.

People with serious eye conditions may be able to receive no-cost contact lenses.

Customers show their Centrelink or Department of Veterans' Affairs card to a participating optometrist.

Optometrists carry out a simple eligibility check, prescribe glasses, and submit a claim for quick EFT reimbursement.

Email [GlassesSA@sa.gov.au](mailto:GlassesSA@sa.gov.au)

Phone 1300 762 577

### School Card scheme

Low-income families who attend government school can get financial help with school fees – materials and services charges – through the School Card scheme.

If your school fees are less than the School Card subsidy, you could also get help with

expenses such as uniform, camp and excursion costs.

Parents should speak directly to their school about financial help.

### Small business debt helpline

Help with small business finance, debts, negotiating and counselling.

Phone: [1800 413 828](tel:1800413828)

Website and online chat: [sbdh.org.au](http://sbdh.org.au)

### National Debt Helpline

The free National Debt Helpline is open from 9:30 am to 4:30 pm AEST, Monday to Friday. When you call, you'll be transferred to the service in SA.

Phone: [1800 007 007](tel:1800007007)

Website: [ndh.org.au](http://ndh.org.au)

## Gambling

### Gambling help online

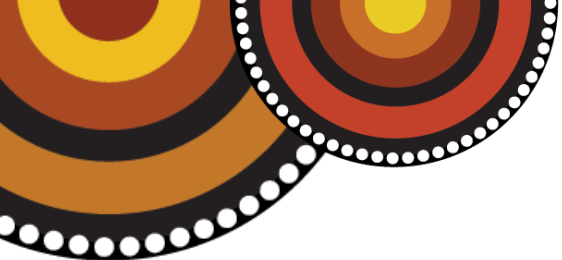
Gambling help online provides <http://www.gamblinghelponline.org.au/free> 24/7 phone and chat support, information and counselling service for anyone with a gambling problem.

Phone: [1800 858 858](tel:1800858858)

Website: [gamblinghelponline.org.au](http://gamblinghelponline.org.au) and [chat online](#)

Website: [problemgambling.sa.gov.au](http://problemgambling.sa.gov.au)





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## Wyatt Trust SA

At the Wyatt Trust, our work has always been, and always will be, focused on helping South Australians. By listening, learning, building our knowledge and working in partnership, we seek to achieve systemic change and the eradication of poverty and inequality.

Direct Grants are available in four areas:

**Financial Wellbeing** – to help regain control of a household budget or stabilise a housing situation

**Youth Education** – to meet expenses related to early childhood, primary and secondary school education, in particular, expenses which support education retention

**Vocational Training** – to promote and maintain engagement with vocational pathways leading to employment opportunities

**Work Start** – to provide necessary assistance for applicants to gain or retain employment.

## LGBTQIA+

eheadspace

A free and confidential telephone and chat service for young people aged 12 to 25. Qualified youth mental health professionals

provide support to young people worried about their mental health or experiencing issues such as depression, bullying and isolation. The phone line is open from 11:30 am and 7:30 pm CST, every day.

Phone: [1800 650 890](tel:1800650890)

Website: [eheadspace.org.au](http://eheadspace.org.au) and [chat online](#)

## QLife

QLife services are free and include both telephone and chat support, delivered by trained LGBTI community members across the country - phone or web chat counselling service for LGBTI people, families and friends from 3:00 pm to midnight, every day.

Phone: [1800 184 527](tel:1800184527)

Website: [qlife.org.au](http://qlife.org.au) and [chat online](#)

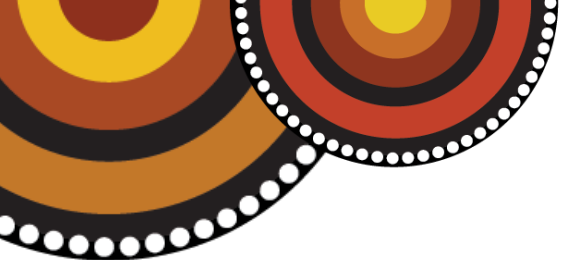
## SHINE SA

Talk to a SHINE SA nurse on the Sexual Healthline Monday to Friday 9:00 am to 12.30 pm CST about your sexual and reproductive health and relationship wellbeing.

Phone: [8300 5300](tel:83005300)

Website: [shinesa.org.au](http://shinesa.org.au)





COMMISSIONER FOR  
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## Rainbow Directory

[rainbowdirectorysa@catalystfoundation.com.au](mailto:rainbowdirectorysa@catalystfoundation.com.au)

## Black Rainbow

Black Rainbow is a national volunteer Aboriginal and Torres Strait Islander LGBTQIA+SB social enterprise to pursue positive health and wellbeing of the Aboriginal and Torres Strait Islander LGBTQIA+SB community located in the Top End capital, Darwin, Northern Territory.

## Parents and Carers

### Child Abuse Report Line

To report a reasonable suspicion that a child has been or is being abused or neglected phone the Child Abuse Report Line (CARL). The report line is open 24/7.

Phone: [13 14 78](tel:131478)

Website: [Report child abuse](#)

### Family Relationship 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 callers to local services that provide assistance. The advice line operates between 8:00 am to 8:00 pm CST Monday

to Friday and 10:00 am to 4:00 pm CST Saturday, except on national public holidays.

Phone: [1800 050 321](tel:1800050321)

Website: [Family Relationships](#)

### Parent Helpline

The Women's and Children's Health Network (WCHN) Parent Helpline provides telephone information and support for parents of children under the age of 12. The service is available 24/7. Calls received between 7:15 am to 9:15 pm CST will be answered by local Parent Helpline staff; calls received outside these hours will be automatically redirected to the national healthdirect helpline.

Phone: [1300 364 100](tel:1300364100)

### Perinatal Anxiety and Depression Australia (PANDA)

PANDA provides support to expecting and new mums and dads.

Phone: [1300 726 306](tel:1300726306)

Website: [panda.org.au](http://panda.org.au)







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## Relationships Australia South Australia

Relationships Australia provides support services for family and domestic violence, family relationships, post-separation and gambling. Phone during business hours.

Phone [1300 364 277](tel:1300364277) or [1800 182 325](tel:1800182325) (country callers)

Website: [Relationships Australia SA](http://RelationshipsAustraliaSA.com.au)

## Report abuse and neglect

### Aged care complaints and feedback

My Aged Care provides a Contact us online tool and telephone service to help you get help about Australian Government-funded aged care services including making a complaint.

Phone: [1800 200 422](tel:1800200422)

Website: [myagedcare.gov.au/contact-us](http://myagedcare.gov.au/contact-us)

The Aged Care and Quality and Safety Commission provides a free service for anyone to raise a concern or make a complaint about the quality of care or services provided to people receiving Australian Government-funded aged care. These may be aged care services people are receiving for help in their home or in an aged care home.

Phone: [1800 951 822](tel:1800951822)

Website: [Aged Care Quality and Safety Commission](http://AgedCareQualityandSafetyCommission.gov.au)

### Child Abuse Report Line

To report a reasonable suspicion that a child has been or is being abused or neglected phone the Child Abuse Report Line (CARL). The report line is open 24/7.

Phone: [13 14 78](tel:131478)

Website: [Report child abuse](http://Reportchildabuse.gov.au)

### National Disability Abuse and Neglect Hotline

The National Disability Abuse and Neglect Hotline provides support to you or someone you may care for to report abuse and neglect of people with a disability.

Phone: [1800 880 052](tel:1800880052)

Website: [Australian Government](http://AustralianGovernment.gov.au)

### SA Abuse Prevention Phone Line

Call the SA Abuse Prevention Phone Line during business hours Monday to Friday, except on public holidays if you are concerned about yourself or someone you know who is at risk of, or experiencing, abuse by someone they should be able to trust.





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The service is available to vulnerable adults:

- o aged 65 years and over
- o Aboriginal or Torres Strait Islander people, aged 50 years and over
- o adults living with a disability.

Phone: [1800 372 310](tel:1800372310)

Website: [SA Abuse Prevention Phone Line](#) - SA Health

## Seniors and Elders

### 1800ELDERHelp

1800 ELDERHelp is the national elder abuse phone line. 1800ELDERHelp automatically redirects callers seeking information or advice on elder abuse to their state or territory phone line service.

Phone: [1800 353 374](tel:1800353374)

### Aged care complaints and feedback

My Aged Care provides a Contact us online tool and telephone service to help you get help about Australian Government-funded aged care services including making a complaint.

Phone: [1800 200 422](tel:1800200422)

Website: [myagedcare.gov.au/contact-us](http://myagedcare.gov.au/contact-us)

The Aged Care and Quality and Safety Commission provides a free service for

anyone to raise a concern or make a complaint about the quality of care or services provided to people receiving Australian Government-funded aged care. These may be aged care services people are receiving for help in their home or in an aged care home.

Phone: [1800 951 822](tel:1800951822)

Website: [Aged Care Quality and Safety Commission](#)

### SA Abuse Prevention Phone Line

Call the SA Abuse Prevention Phone Line during business hours Monday to Friday, except on public holidays if you are concerned about yourself or someone you know who is at risk of, or experiencing, abuse by someone they should be able to trust.

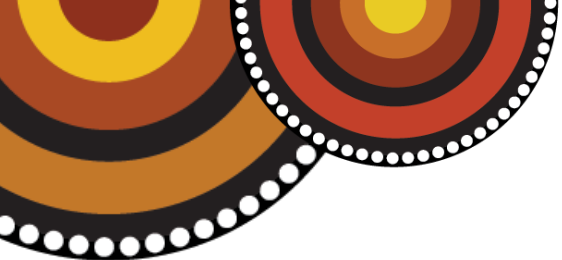
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- o aged 65 years and over
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- o adults living with a disability.

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Website: [SA Abuse Prevention Phone Line](#) - SA Health





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## Translating and interpreting

### Translating and Interpreting Service

The Translating and Interpreting Service (TIS) is available to any individual or organisation in Australia, enabling non-English speakers to independently access services and information over the phone.

Phone: [13 14 50](tel:131450)

Website: [Immediate phone interpreting](#)

### Interpreting and Translating Centre

The Interpreting and Translating Centre (ITC) provides qualified and experienced interpreters to assist with two and three-way phone interpreting.

Phone: [1800 280 203](tel:1800280203)

Website: [translate.sa.gov.au](http://translate.sa.gov.au)

## Victim support

### Rebuild - Counselling for Victims of Crime

Managed by Relationships Australia South Australia, rebuild provides trauma-based counselling and peer support to adult and child victims of crime as they move through the criminal justice process. The service is available from 9:00 am to 5:00 pm

Monday to Friday, except for public holidays.

Phone: [1800 310 310](tel:1800310310)

Website: [Relationships Australia South Australia](#)

### Victim Support Services

Victim support services provide support to people affected by domestic and family violence and institutional child abuse.

Phone during business hours.

Phone: [1800 842 846](tel:1800842846)

Website: [www.victimsa.org](http://www.victimsa.org)

## Men's

### 1800RESPECT

A national sexual assault, family and domestic violence counselling line open 24/7 for anyone who has experienced, or is at risk of, physical or sexual violence, including young people.

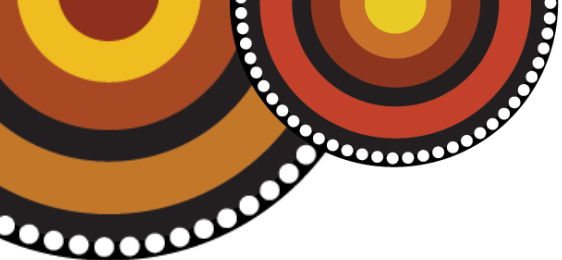
Phone: [1800 737 732](tel:1800737732)

Website: [1800respect.org.au](http://1800respect.org.au) and [chat online](#)

### MensLine Australia

The MensLine Australia 24/7 counselling service provides help to men to manage





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conflict and anger, relationship issues and violence in the home.

Phone: [1300 78 99 78](tel:1300789978)

Website: [mensline.org.au](http://mensline.org.au) and [chat online](#)  
and [video chat](#)

### No to Violence

A 24/7 men's counselling service working with men who use family violence to change their abusive and violent behaviour.

Phone: [1300 766 491](tel:1300766491)

Website: [ntv.org.au](http://ntv.org.au) and [chat online](#)

## General resources for Aboriginal people

### Ancestry

[Aboriginal Affairs and Reconciliation](#) -  
Department of the Premier and Cabinet

[Aboriginal records](#) - State Records of South  
Australia

[Indigenous collections and services](#) - State  
Library of South Australia

### Art and culture

[Australian Aboriginal Cultures](#) - SA  
Museum

[Tandanya Aboriginal Cultural Institute](#)

[Iga Warta](#)

### Education, training and employment

[Aboriginal education](#)

[Tauondi College](#)

[Tandanya](#) - The National Aboriginal Cultural  
Institute

[TAFE SA Aboriginal support](#) - TAFESA

[Australian Institute of Aboriginal and Torres  
Strait Islander Studies](#)

[Indigenous Student Services](#) - UniSA

### Health and family

[Aboriginal health services](#) - SA Health

[Aboriginal Drug and Alcohol Council](#)

[Nganampa Health Council](#)

[Aboriginal Family Support Services](#)

[Port Lincoln Aboriginal Health Service](#)

[Australian Indigenous HealthInfoNet](#)

[Port Augusta Pika Wiya Health Service](#)

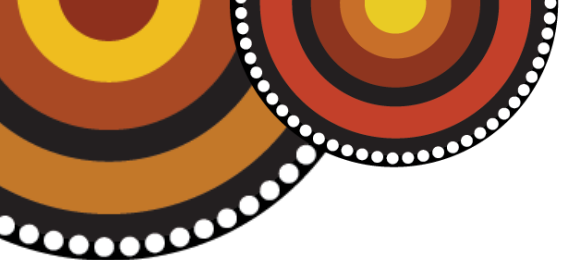
[Nunkuwarrin Yunti of SA](#)

[Give up smokes campaign](#)

[Aboriginal Health Council of South  
Australia](#)

[Abuse Prevention Phone Line](#) - SA Health





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## Housing and accommodation

[Housing for Aboriginal people](#)

[Aboriginal Hostels Limited](#)

## Land and heritage

[Aboriginal Lands Trust](#)

[Indigenous Land and Sea Corporation](#)

[National Native Title Tribunal](#)

## Legislation

[Maralinga Tjarutja Land Rights Act 1984](#)

## Legal aid and law

[Legal help - Aboriginal Legal Rights  
Movement](#)

[Department for Correctional Services -  
Aboriginal Services](#)

## Reconciliation

[Reconciliation Australia](#)

## Sport and recreation

[National Aboriginal Sporting Chance  
Academy](#)

