

# EXTERNAL SERVICES SUPPORT REFERRALS GUIDE

ALWAYS CALL 000 FOR  
IMMEDIATE LIFE THREATENING  
ASSISTANCE AND SUPPORT

## General mental health support

|                                                                              |                |
|------------------------------------------------------------------------------|----------------|
| <b>Beyond Blue</b><br>Depression + Anxiety Support                           | 1300 224 636   |
| <b>Lifeline</b><br>Depression + Anxiety Support                              | 13 11 14       |
| <b>SANE</b><br>Complex Mental Health Support                                 | 1800 187 263   |
| <b>Womens Information Service</b><br>Support & referrals for women (SA only) | (08) 8303 0590 |

## Alcohol & Drug Support

|                                                                                                   |                |
|---------------------------------------------------------------------------------------------------|----------------|
| <b>Turning Point</b><br>Alcohol + Drug Support                                                    | 1300 131 340   |
| <b>Al-Anon</b><br>Support for families of<br>someone with alcoholism                              | 1300 252 666   |
| <b>Family Drug Support</b><br>Support for families with a loved one suffering<br>drug addiction   | 1300 368 186   |
| <b>Family Drug/Alcohol Support</b><br>Family support for substance abuse                          | (08) 9442 5000 |
| <b>REHAB SUPPORT SERVICE</b><br>Support for families with a loved one suffering<br>drug addiction | 1300 368 186   |
| <b>REHAB SUPPORT SERVICE</b><br>Family support for substance abuse                                | (08) 9442 5000 |

## Trauma & Violence Support

|                                                                   |              |
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| <b>1800 Respect</b><br>Sexual Assault, Family & Domestic Violence | 1800 737 732 |
| <b>Blue Knot Foundation</b><br>Support for complex trauma         | 1300 657 380 |
| <b>Suicide Call Back Service</b><br>Crisis Support 24/7           | 1300 659 467 |

## Eating Disorders/Body Image

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|--------------------------------------------------------------|--------------|
| <b>Butterfly Foundation</b><br>Eating Disorders / Body Image | 1800 33 4673 |
|--------------------------------------------------------------|--------------|

## Child, Youth & Perinatal Support

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| <b>Kids Helpline</b><br>Ages 5–25                                                    | 1800 55 1800 |
| <b>PANDA</b><br>Perinatal Anxiety + Depression                                       | 1300 726 306 |
| <b>CAMHS</b><br>Child and Adolescent Mental Health<br>Services, 0–18 years (SA only) | 1300 222 647 |

## Men & Veteran Support

|                                              |              |
|----------------------------------------------|--------------|
| <b>Mens Line</b><br>Support tailored for men | 1300 789 978 |
| <b>Open Arms</b><br>Veterans Support         | 1800 011 046 |

## Food Relief - South of Adelaide CBD

|                                                                                                                      |         |
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| <b>Here's to Strength<br/>Community Wellness Hub</b><br>7 Days 7am-5pm<br>Donated goods available from the community | Aldinga |
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**National search:**  
<https://www.foodbank.org.au/find-food/>

## SA SERVICES - ALTERNATIVE TO AN EMERGENCY DEPARTMENT

**24/7 Mental Health Triage Line** 13 14 65

|                                                                                                                                                               |              |
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| <b>Drug and Alcohol<br/>Services South Australia<br/>(DASSA) - Alcohol and Drug Information<br/>Service and Counselling (ADIS)</b><br>8.30am-10.00pm everyday | 1300 131 340 |
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| <b>Skylight Urgent Mental<br/>Health Support (SA)</b><br>Supports people in immediate emotional distress, Individual<br>counselling and recovery support | 1800 013 755 |
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## Crisis Payments

### Services Australia

Eligibility may include Family or Domestic Violence, Homelessness and release from Psychiatric care for 14 days or more

<https://www.servicesaustralia.gov.au/crisis-payment>

## Disability advocacy and support - SA

**DACSSA** <https://dacssa.org.au/> (08) 7122 6030

Disability Advocacy and Complaints Service of South Australia Inc (DACSSA) is a free, independent information and support organisation servicing regional/country South Australia and the Adelaide metropolitan area .

Assistance may be available in areas such as:

NDIS applications, NDIS Appeals, Education, Employment, Discrimination & Human Rights, Equal Opportunity, Abuse, Housing & Homelessness, Complaints about Disability Services, Health, Mental Illness & SACAT Orders

## Domestic Violence Escape Loans

### Escaping Violence Payment Program by UnitingSA

Financial support of up to \$5,000 for individuals leaving violent situations.

<https://unitingsa.com.au/community-services/children-and-families/escaping-violence-payment/>

### The Salvation Army

Emergency relief and financial counselling for individuals impacted by domestic and family violence.

<https://www.salvationarmy.org.au/anti-poverty-week/stories/rebuilding-lives-after-domestic-and-family-violence/>

### Commonwealth Bank - Domestic & Family Violence Assistance

Tailored financial support and confidential advice for affected customers.

<https://www.commbank.com.au/support/dv-assistance.html>

### Loans.com.au - Support for Clients in Crisis

Assistance for clients experiencing financial abuse and domestic violence.

<https://www.loans.com.au/media-releases/loans-com-au-provides-domestic-violence-support>

### Australian Red Cross - Visa Holder Financial Assistance

Up to \$5,000 available for temporary visa holders affected by domestic violence.

<https://www.redcross.org.au/migration/family-and-domestic-violence-financial-assistance-program/>

### DVassist - Financial Support Resources

Access to financial safety resources and referral pathways.

<https://dvassist.org.au/what-do-i-do-i-need-to-stay/finding-financial-help/>

## Emergency Housing - SA

**Housing - Toward Home** 1800 809 273

Housing Assistance

**Affordable Housing - SA** 1800 33 4673

<https://www.affordable.sa.com.au/programs/accommodation-services>

**Homeless Connect - SA** 1800 003 308

<https://www.homelessconnectsa.org/>

**Catherine House** (08) 8232 2282

Supporting women experiencing homelessness.  
<https://catherinehouse.org.au/>

**Yellow gate** 1800 800 098

Supportive accommodation and recovery-focused services for women. <https://theyellowgate.org.au/>

**UnitingSA Housing** (08) 8440 2200

Offers emergency accommodation, social and affordable housing, and support services across metropolitan and regional SA.

## Free shower and laundry facilities

**Orange Sky - Australia Wide** Check locations online

<https://locations.orangesky.org.au/>

**One Voice - Australia Wide** Check locations online

<https://onevoice.org.au/mobile-showers/>

**Whalers - Goolwa** (08) 8555 3800

Free hot showers and laundry facilities; towels provided. <https://whalerspca.org.au/>

**Baptist Care SA** 11-19 Millers Court

<https://baptistcaresa.org.au/service/health-wellbeing>

(off Wright Street)  
Adelaide

## Financial Counselling

**National Debt Hotline** 1800 007 007

<https://ndh.org.au/financial-counselling/find-a-financial-counsellor/>

## Legal Aid and Legal Counselling SA

**Legal Services Commision of South Australia** 1300 366 424

<https://lsc.sa.gov.au/>

**Uniting Communities Law Centre** 1800 011 046

<https://www.unitingcommunities.org/service/legal-services>

## Medicinal Cannabis Assisted Assessments/General Practitioner

**Polln - Telehealth Medicinal Cannabis Clinic**

<https://www.polln.com/> 1300 176 556

Confidential online consultations for medicinal cannabis assessments and prescriptions with Australian doctors.

Here's to Strength Community Wellness Hub

1A Old Coach Road Aldinga SA 5173

PH: 08 7561 3500 - Weekdays: 8am-5pm, Weekends: 9am-4pm, open 7 days a week



here's to  
**strength**  
SELF CARE DIRECTORY

# Everyone deserves access to self- care, support, and dignity.

The HTS Self-Care Directory is connecting our community to the essential services that matter — from mental health and crisis support to wellness, food, and housing.

This free community-led resource is designed to simplify access to help when it's needed most.

**Explore the full directory at  
[herestostrength.com](https://herestostrength.com)**