



This directory is limited to program, and services funded by Department of Social Services, National Indigenous Australians Agency and Department of Health and Aged Care.

For more information about enhanced Income Management and the SmartCard visit servicesaustralia.gov.au/smartcard or call the **SmartCard eIM hotline on 1800 252 604**.

Support Services Summary

Directory – Ceduna

July 2023



Support Services Summary Directory – Ceduna

This directory provides an overview of contacts for available support services.

Managing money

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| **Name** | **Contact details** |
| Australian Red Cross Society | 9 McKenzie Street, Ceduna (08) 8625 3852 |
| Centacare Catholic Country SA limited | 45 Poynton Street, Ceduna Mon – Fri, 7:30am to 5:00pm (08) 8628 7600 |
| Financial Counselling Australia Ltd | 1800 413 828 |

Food and emergency relief

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| **Name** | **Contact details** |
| Centacare Catholic Country SA limited | 45 Poynton Street, Ceduna Mon – Fri, 7:30am to 5:00pm (08) 8628 7600 |
| Uniting Country SA Ltd | 1300 067 777 |
| The Salvation Army (South Australia) Property Trust | 13 72 58 |
| St Vincent de Paul Society (SA) Incorporated | 13 18 12 |
| Anglicare SA Ltd. | 1800 759 707 |
| Aboriginal Family Support Services Limited | 28 Poynton Street, Ceduna (08) 8625 3466 |

Finding local services (inc. accessing services)

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| **Name** | **Contact details** |
| Australian Red Cross Society | 9 McKenzie Street, Ceduna (08) 8625 3852 |
| Oak Valley (Maralinga) Aboriginal Corporation | Kali Street, Oak Valley (08) 8625 2946 |
| Koonibba Community Aboriginal Corporation | 2-4 Burgoyne Street, Koonibba (08) 8625 0007 |
| Scotdesco Aboriginal Corporation | Eyre Highway, Bookabie (08) 8625 6222 |
| Yalata Anangu Aboriginal Corporation | 1 Eyre Highway, Yalata (08) 8626 2500 |
| Ceduna Aboriginal Corporation | 39 McKenzie Street, Ceduna (08) 8625 3210 |
| Country SA Primary Health Network (PHN) | 30 Tanunda Road,  Nuriootpa  (08) 8565 8900 |
| South Australian Network of Drug & Alcohol Services Inc (SANDAS) | (08) 8321 8818 |

Alcohol and other drug support and treatment services

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| **Name** | **Contact details** |
| Australian Red Cross Society (Life Without Barriers) | 9 McKenzie Street, Ceduna (08) 8625 3852 |
| Ceduna Day Centre  Aboriginal Drug & Alcohol Council (SA) | 3 Kuhlmann Street, Ceduna Mon – Fri, 7:30am to 4:00pm (08) 8625 3530 |
| Yadu Health Aboriginal Corporation | 1 Eyre Highway, Ceduna Mon – Fri, 9:00am to 5:00pm (08) 8626 2500 |
| Tullawon Health | 303 Tullawon Square, Yalata (08) 8625 6237 |

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| **Name** | **Contact details** |
|  | Mon – Fri, 9.00am to 5.00pm |
| Life Without Barriers | 2/8 Drew Street, Thevenard 9:00am to 5:00pm  (08) 8624 2402 |

Gambling addiction

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| **Name** | **Contact details** |
| Uniting Country SA Ltd | 1300 067 777 |
| Anglicare SA Ltd. | 1800 759 707 |

Mental health/emotional support

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| **Name** | **Contact details** |
| Ceduna Day Centre Aboriginal Drug & Alcohol Council (SA) | 3 Kuhlmann Street, Ceduna (08) 8625 3530  Mon – Fri, 7:30am to 4:00pm |
| Country and Outback Health | 52 O’Loughlin Terrace, Ceduna (08) 8621 3850 |
| Life Without Barriers | 2/8 Drew St, Thevenard 9:00am to 5:00pm  (08) 8624 2402 |
| Yadu Health Aboriginal Corporation | 1 Eyre Highway, Ceduna (08) 8626 2500  Mon – Fri, 9:00am to 5:00pm |
| Scotdesco Aboriginal Corporation  **(Women’s group)** | Eyre Highway, Bookabie (08) 8625 6222 |
| Country SA Primary Health Network (PHN) | (08) 8565 8900 |

Social Support

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| **Name** | **Contact details** |
| Oak Valley (Maralinga) Aboriginal Corporation | Kali Street, Oak Valley (08) 8625 2946 |
| Ceduna Day Centre Aboriginal Drug & Alcohol Council (SA) | 3 Kuhlmann Street, Ceduna Mon – Fri, 7:30am to 4:00pm (08) 8625 3530 |
| Scotdesco Aboriginal Corporation  **(Women’s Engagement)** | Eyre Highway, Bookabie (08) 8625 6222 |
| Koonibba Community Aboriginal Corporation | 2-4 Burgoyne Street, Koonibba (08) 8625 0007 |
| Ceduna Aboriginal Corporation | 39 McKenzie Street, Ceduna (08) 8625 3210 |
| Yalata Anangu Aboriginal Corporation | Administration Building, Eyre Highway Yalata |

# Nationally Available Services

This directory provides an overview of national support services available

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| **Organisation** | **Description** | **Contact details** |
| Alcohol and Drug Information Service (ADIS) NSW | For free and confidential 24/7 counselling helpline for people concerned around alcohol and/or drug misuse. | 1800 250 015 |
| Lifeline 13YARN | 13YARN (Thirteen YARN) is the first national crisis support line for First Nations people who are feeling overwhelmed or having difficulty coping. The service offers a confidential one-on- one opportunity with a Lifeline-trained First Nations Crisis Support Worker who can provide crisis support 24/7. 13YARN  empowers the community with the opportunity to talk without judgement and provide a culturally safe space to speak about their needs, worries or concerns. | 13YARN (13 92 76) |
| Australian National University (e- hub Assist) | Online self-help mental health programs. | [e-hub Assist - Home (ehubhealth.com)](https://assist.ehubhealth.com/) |

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| Black Dog Institute | Online self-help programs, psychoeducation and positive psychology. | [Black Dog Institute | Science.](https://www.blackdoginstitute.org.au/) [Compassion. Action.](https://www.blackdoginstitute.org.au/) |
| Blue Knot Foundation | Information and support line for anyone affected by complex trauma. | Blue Knot Helpline and Redress Support Service 1300 657 380  Mon – Sun, 9:00am to 5:00pm  National Counselling and Referral Service – Disability 1800 421 468 or 02 6146  1468  Mon – Fri, 9:00am to 6:00pm  Sat – Sun and public holidays, 9:00am to 5:00pm |
| Butterfly Foundation | Telephone, online counselling, referral and online support groups for eating disorders and body image issues. | 1800 334 673  Mon – Sun, 8:00am to midnight |
| Lifeline Australia | 24/7 crisis support and telephone counselling. | 13 11 14 |
| Alcoholics Anonymous | Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. | 1300 222 222 |
| Beyond Blue | 24/7 online and email counselling and moderated forums. | 1300 22 4636 |
| ReachOut | 24/7 online support for people aged 12 to 25. | [A Safe Place to Chat](https://au.reachout.com/) [Anonymously, Get Support &](https://au.reachout.com/) [Feel Better | ReachOut](https://au.reachout.com/) [Australia](https://au.reachout.com/) |

(02) 8029 7777

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| National Debt Helpline | Provides help to sort out your money (budget). | 1800 007 007  Mon – Fri, 9:30am to 4:30pm |
| Mob Strong Debt Helpline | Provides help to sort out your money (budget). | 1800 808 488  Mon – Fri, 9:30am to 4:30pm |
| Salvation Army | Provides help with food and bills. | 13 72 58 |
| St Vincent de Paul Society | Provides help with food and bills. | 13 18 12 |
| 1800RESPECT | 24/7 Domestic or family violence counselling. | 1800 737 732 |
| Family Drug Support Australia | 24/7 Alcohol or other drug use counselling. | 1300 368 186 |
| National Gambling Helpline | 24/7 Support for anyone affected by gambling. | 1800 858 858 |
| Narcotics Anonymous | Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem. | 1300 652 820 |
| Hearing Assessment Program – Early Ears | The program provides free, safe and simple hearing checks to children aged 0 - 6 years who do not yet attend full time school and on-going advice and support to parents and carers. | 134 432 |

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| Commonwealth Psychosocial Support Program – Country SA Primary Health Network | Non-clinical community-based services for people with severe mental illness to help them  manage daily activities, rebuild and maintain connections, build social skills and participate in education and employment. | [Country SA PHN - Our heart is](https://www.countrysaphn.com.au/) [in the health of the country](https://www.countrysaphn.com.au/)  (08) 8565 8900 |
| Qlife | Provides online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTIQ+) people. | 1800 184 527  Mon – Sun 3pm to midnight |
| Head to Health | An online resource from the Australian Government, designed to connect Australians to trusted mental health and wellbeing support services and information. Products and services available on Head to Health can be accessible via phone, online/digital formats, and/or face- to-face physical locations. | [Home | Head to Health](https://www.headtohealth.gov.au/) |