



Australian Government
Department of Social Services

Support Services Summary

Directory – Ceduna

July 2023

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

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

Managing money

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

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)

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

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

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

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

Mental health/emotional support

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

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

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)

Black Dog Institute	Online self-help programs, psychoeducation and positive psychology.	Black Dog Institute Science. Compassion. Action.
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 Anonymously, Get Support & Feel Better ReachOut Australia

		(02) 8029 7777
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

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 in the health of the country (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