

A quick guide to services for people in vulnerable situations

If you are homeless and need support, you can call:

Homelessness Connect SA (24/7) 1800 003 308

Domestic Family Violence Crisis Line 1800 800 098

Toward Home 1800 809 273

LEGEND

-  Accommodation/welfare assistance
-  Clothes/blankets
-  Food (meals, parcels or vouchers)
-  Shower
-  Mental health support
-  Drug and alcohol services
-  Recreation and leisure

OTHER SERVICES		WHAT THEY OFFER
Mount Barker Medicare Mental Health Centre 2-4 Cameron Road, Mt Barker -Monday-Wednesday: 9am – 7pm, Thursday-Friday: 9am-9pm, Saturday-Sunday and public holidays: 12pm-8pm 8473 6900		Free walk in mental health support
Adelaide Hills Community Mental Health Service 22 Druids Avenue, Mount Barker Mon-Fri 8.30am-5pm 8393 1833		Community mental health support
Adelaide Hills Vocational College 3-5 Dumas St Mount Barker Mon-Fri mtbhs.sa.edu.au 8391 5766		Education and support for young people who are disengaging from mainstream school.
Centacare Murray Mallee & Adelaide Hills Domestic Violence Service 8228 8960 Domestic and Family Violence Crisis Line 1800 800 098 https://centacare.org.au/service/murray-mallee-adelaide-hills-domestic-violence-service/		Services for women fleeing domestic violence.
Drug and Alcohol Services SA 7 days a week 8.30am-10pm 1300 131 340		Detox support programs in the Adelaide Hills
Foundation 1 71 Gawler St, Mount Barker Mon-Fri 9am-4pm 0437 827 509 mtbarker@foundation1.org.au foundation1.org.au		Op shop and community pantry
Headspace 30 Stephen Street, Mount Barker Mon-Fri 9am-5pm 8398 4262 www.headspace.org.au	 	Youth-friendly, community-based, cost-free health service for young people aged 12-25 and their families. Offer a range of support services including counselling sessions with highly skilled workers along with a range of fun programs for young people.
Mount Barker Community Centre 3 Dumas Street Mount Barker Mon-Fri 9am-4pm mtbcc.org.au	 	Safe place to go for recreation and leisure. Mount Barker Community Pantry.
Quarter Mile Café 7 Secker Road, Mount Barker 8398 5447		Free soup, just bring a container. Call café prior to check when it is available.
Salvation Army 17a Fletcher Road Mount Barker 8398 2686 salvationarmy.org.au/mountbarker/	  	Clothes, blankets, food and food vouchers, financial counselling, initial support and referral meeting. Can refer to supported accommodation.
St Vincent de Paul for assistance please phone 1300 729 202 vinnies.org.au	  	Clothes, blankets, food and food vouchers, financial counselling, initial support and referral meeting. Can refer to supported accommodation in Adelaide CBD.
Uniting Church 13 Mann Street Mount Barker 8391 2513 minister@mtbarker.ucasa.org.au https://mtbarker.ucasa.org.au/activities/#communityOutreach	  	Emergency shelter room, cooked meals, referral to services, drop-in centre, community café, general support.
Regional Access 24/7 1300 032 186 saregionalaccess.org.au		Professional phone counselling
StandBy Support After Suicide 24/7 phone support 1300 727 247 StandbyCountrySA@anglicaresa.com.au standbysupport.com.au		Free support for any individual, family, workplace, community groups impacted or bereaved by suicide