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

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 and Aboriginal Family Violence Gateway 1800 800 098

Toward Home 1800 809 273

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| OTHER SERVICES |  | WHAT THEY OFFER |
| Adelaide Hills Community Mental Health Service 87 Wellington Road Mount Barker | Mon-Fri 9am-5pm | 8393 1833 | 8393 1636 Mental Health Duty Worker | countryhealthsa.sa.gov.au |  | Community mental health support |
| Adelaide Hills Vocational College 3-5 Dumas St Mount Barker | Mon-Fri | mtbhs.sa.edu.au l 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 Gateway 1800 800 098 <https://centacare.org.au/service/murray-mallee-adelaide-hills-domestic-violence-service/> |  | Services for women fleeing domestic violence. Services in Mount Barker and Nairne |
| Drug and Alcohol Services SA 7 days a week 8.30am-10pm |  1300 13 1340 |  | Detox support programs in the Adelaide Hills |
| Foundation 1 71 Gawler St, Mount Barker | Mon-Fr 9.30am-4pm | 0437 827 509 | [mtbarker@foundation1.org.au](mailto:mtbarker@foundation1.org.au) | [foundation1.org.au](https://www.foundation1.org.au/contact-mtbarker/) |  | 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. |
| Heart and Soul  [heartandsoulinc.com.au](http://www.heartandsoulinc.com.au) |  | Affordable food, i.e.: $20 spent will get over $100 food. Order online and food is home delivered. |
| Mount Barker Community Centre 3 Dumas Street Mount Barker | Mon-Fri 9am-4.30pm | 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. |
| Sonder ‘Psychology for You’ 1/58 High Street Strathalbyn | Sonder Country Reception t: 8209 0710 | Sonder Fax (all referrals) 8252 9433 | appointments 9am to 3:30pm (last appt) Mon-Fri | Referrals via Mental Health Treatment Plan from GP |  | Clinical Care Coordination – clinical services and care planning to people aged 18 years and over, experiencing severe mental illness. |
| 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](mailto: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 | [StandybyCountrySA@anglicaresa.com.au](mailto:StandybyCountrySA@anglicaresa.com.au) | standbysupport.com.au |  | Free support for any individual, family, workplace, community groups impacted or bereaved by suicide |
| The Virtual Village +61 8 7230 5475 | tacsi.org.au/work/virtual-village |  | Connect with someone who gets what you’re going through. This network of people communicate over the phone, on video calls, through text messages and online to help families out. |