



Grief and Loss Help for Aboriginal People Services Directory

Contents

Hotlines	2
Emergency Services	2
SA Hospitals.....	3
Country Health SA Mental Health Team Locations and Contact Numbers	3
Aboriginal Community Controlled Health Organisations	4
Aboriginal Community Controlled Social and Emotional Wellbeing Programs	5
Government Social and Emotional Wellbeing Programs & Mental Health Programs.....	7



Grief and Loss Help for Aboriginal People Services Directory

Hotlines

Name	Contact Details	About
beyondblue	1300 224 636 www.beyondblue.org.au	One on one chats with a trained mental health professional about problems big or small. Available 24 hours a day, 7 days a week.
Lifeline	131 114 www.lifeline.org.au	24/7 crisis support and suicide prevention.
Kids Helpline	1800 551 800 www.kidshelpline.com.au	24/7 free and confidential helpline for kids and young people aged 5 – 25.
MensLine	1300 789 978 www.mensline.org.au	24 hour service dedicated to supporting men.
Suicide Call Back Service	1300 659 467 www.suicidecallbackservice.org.au	Free professional telephone support and counselling for anyone affected by suicide.
Australian Centre for Grief and Bereavement	1300 664 786 www.grief.org.au	Provides information and referral to services related to grief.

Emergency Services

Name	Contact Details	About
Police, Fire or Ambulance Emergency	000	Dial triple zero in an emergency
Police Assistance	131 444	For non-urgent police assistance
Mental Health Emergency	131 465	For assistance for you or someone you know in a mental health emergency.



SA Hospitals		
Name	Contact	Location
Royal Adelaide Hospital	08 8222 4000	North Terrace, Adelaide, SA
Women's and Children's Hospital	08 8161 7000	72 King William Rd, North Adelaide, SA
Flinders Medical Centre	08 8204 5511	Flinders Drive, Bedford Park, SA
Noarlunga Hospital	08 8384 9222	Alexander Kelly Drive, Noarlunga Centre, SA
Queen Elizabeth Hospital	08 8222 6000	28 Woodville Rd, Woodville South, SA
Lyell McEwin Hospital	08 8182 9000	Haydown Road, Elizabeth Vale, SA
Modbury Hospital	08 8161 2000	Smart Rd, Modbury SA

Country Health SA Mental Health Team Locations and Contact Numbers	
For Referrals to Psychologists or Psychiatrists	
You can also get referrals to psychologists from your GP	
In an emergency ring 13 14 65	
Location	Contact Numbers
Barmera & Berri (Riverland)	08 8588 0424
Ceduna	08 8626 2108
Clare	08 8841 3500
Gawler/Barossa	08 8521 2080
Kadina, Minlaton & Maitland (Yorke Peninsula)	08 8828 1350
Kangaroo Island – Kingscote	08 8553 4231
Mount Barker	08 8393 1833
Mount Gambier, Bordertown, Naracoorte, Millicent (South East)	08 8721 1507
Murray Bridge	08 8535 6800
Port Augusta	08 8668 7800
Port Lincoln	08 8683 2083
Port Pirie & Peterborough (Mid North)	08 8636 1100
Victor Harbor	08 8552 0600
Whyalla	08 8644 5130



Aboriginal Community Controlled Health Organisations		
Name	Contact	Location
Aboriginal Sobriety Group Inc.	08 8223 4204 www.aboriginalsobrietygroup.org.au	182 – 190 Wakefield Street, Adelaide, SA
Ceduna Koonibba Aboriginal Health Service Inc.	08 8626 2500	1 Eyre Highway, Ceduna, SA
Kalparrin Community Inc.	08 8532 4940	Karoonda Road, Murray Bridge SA
Nganampa Health Council	Umuwa Office: 08 8954 9040 Alice Springs Office: 08 8952 5300 www.nganampahealth.com.au	Umuwa , APY Lands and 3 Wilkinson Street, Alice Springs, NT
Nunkuwarrin Yunti of South Australia Inc.	08 8406 1600 www.nunku.org.au	182 – 190 Wakefield St, Adelaide, SA
Nunyara Aboriginal Health Service Inc.	08 8649 4366 www.nunyara.org.au	17-27 Tully St, Whyalla Stuart, SA
Oak Valley Health Service	08 8670 4207 http://maralingatjarutja.com/services.htm	43 McKenzie St, Ceduna SA
Pangula Mannamurna Inc.	08 8724 7270 www.pangula.org.au	191 Commercial Street West, Mount Gambier, SA
Port Lincoln Aboriginal Health Service Inc.	08 8683 0162 www.plahs.org.au	19A Oxford Terrace Port Lincoln SA
Tullawon Health Service Inc.	08 8625 6273 www.tullawon.org.au	Yalata, SA
Umoona Tjutagku Health Service Aboriginal Corporation	08 8672 5255 www.uths.com.au	Lot 8, Umoona Road, Coober Pedy, SA.



Aboriginal Community Controlled Social and Emotional Wellbeing Programs		
Name	Contact Information	Details
Garridja Aboriginal Cultural Consultancy	0403 165 193 garridja@adam.com.au www.garridja.com	Established by well-known and widely respected South Australian Aboriginal man, Tauto Sansbury, Garridja provides specialised consultancy services to the private and public sectors to assist in Closing the Gap in Aboriginal disadvantage. Garridja is a Narungga word which means "to rise".
Kornar Winmil Yunti	Kornar Winmil Yunti (08) 82116770 29 Selby Street Adelaide SA 5001 admin@kwy.org.au www.kornarwinmilyunti.org.au	Aboriginal and Torres Strait Islander Male Health and Wellbeing Services including counselling, education and training
Kura Yerlo Inc.	Kura Yerlo Inc. Phone: (08) 8449 7367 208 Lady Gowrie Dr Largs Bay SA reception@kurayerloinc.org.au www.kurayerloinc.org.au	Kura Yerlo provide: -Kanyappa Healing Program -Men's, Women's & Elders Groups -Children's Centre - Programs for: <ul style="list-style-type: none"> • Youth • Aged & Disability • Language & Culture • Art • Gym and Fitness -Soup Kitchen
PLAHS Grief and Loss Support Group www.plahs.org.au	Port Lincoln Aboriginal Health Service – Social & Emotional Wellbeing Team 08 8683 0162 19A Oxford Terrace Port Lincoln SA	Healing through yarning and therapeutic, creative and educational activities



Aboriginal Community Controlled Social and Emotional Wellbeing Programs		
Name	Contact Information	Details
Riverland Aboriginal Men's Support Group	Ph Ashley Couzens 0400923971 ashley.couzens@lwb.org.au mark.upkett@lwb.org.au	To provide Riverland Aboriginal Men with a culturally appropriate outlet to discuss and address their social and emotional wellbeing needs.
Rosemary Wanganeen	The Australian Institute for Loss and Grief Rosemary Wanganeen 08 8341 5557 10 Cowie St, Ethelton, SA rosemary@lossandgrief.com.au www.lossandgrief.com.au	The Australian Institute for Loss and Grief offers a broad range of social and emotional wellbeing programs including individual, couples and family counselling and bereavement counselling. Rosemary is also available to deliver training and workshops on effective engagement of Aboriginal people in services.
The Healing Circles Project	Pangula Mannamurna Inc. 08 8724 7270 191 Commercial Street West, Mount Gambier, SA www.pangula.org.au	The Healing Circles provide a safe environment for healing & wellbeing in Mount Gambier. The 3 circles represent different aspects of culture which aim to revitalise old & traditional ways of healing & wellbeing.
Umoona Tjutagku Drug and Alcohol Program	08 8672 5255 Lot 8, Umoona Road, Coober Pedy, SA. www.uths.com.au	Holistic, social & emotional wellbeing support, outreach services, yarning groups, bush trips and information.



Aboriginal Community Controlled Social and Emotional Wellbeing Programs continued		
Name	Contact Information	Details
Warna-Manda Aboriginal Corporation	Contact Susie Betts at warnamanda1@gmail.com or find Warna-Manda on Facebook Warna-Manda is based in Port Lincoln, SA	Warna-Manda run a variety of cultural programs which connect people with country and spirituality and help with healing and wellbeing. Programs and activities are available for women and children of all ages.
Government Social and Emotional Wellbeing Programs & Mental Health Programs		
Name	Contact Information	Details
Aboriginal Liaison Officers	Available in SA Health Hospitals Statewide	Provide practical support to families such as food, travel assistance, referrals and moral support.
CAMHS APY Lands	APY Lands 1800 819 098	Therapeutic counselling for children and young people which involves families, teachers and carers. Includes psychiatric assessments, referrals and follow ups.
CAMHS Nanko-Walun Porlar Nomawi	CAMHS Murray Bridge 08 8531 3901 78 Swanport Rd, Murray Bridge, SA	Therapeutic counselling for children and young people which involves families, teachers and carers. Includes psychiatric assessments, referrals and follow ups.



Government Social and Emotional Wellbeing Programs & Mental Health Programs continued		
Name	Contact Information	Details
CAMHS Ngartunna Patpangga – Children in the South	CAMHS Marion 08 7425 8600 CAMHS Onkaparinga 08 8326 1234	Ngartunna Patpangga offers culturally appropriate, flexible therapeutic services to Aboriginal children, adolescents & their families, operating in Southern Metro Adelaide between Anzac Highway & Sellicks Beach.
CAMHS The Journey Home Programs: Journey to Respect and Sister Girl	Eastern CAMHS/ Adelaide Youth Training Centre CAMHS 08 7321 4500 CYWHSsecureteam@health.sa.gov.au	This program works both individually & in men's & women's groups aiming to strengthen connection to culture, work through problems, support their exit from the justice system, link them to services, & improve the social and emotional wellbeing of young people & their families.
Meningie Aboriginal Self Help (MASH)	Meningie Community Health 08 8575 27772 2 South Terrace Meningie, SA	MASH is a support group in which Elders and young men and women work together to build relationships, social connections and improve wellbeing. MASH has an open door policy to everyone within the wider community. MASH runs every Monday from 11am to 2pm. Local transport to attend MASH can be provided.