



## Support Services & Agencies

Download the Affordable SA app for up-to-date information on services offered in SA across a range of programs, visit the website [www.affordable.sa.com.au](http://www.affordable.sa.com.au) or call 1800 025 539 for more information.

*Updated List, June 2025*

Agency/Service/Area of support	Support offered
<b>Addiction Support</b>	
<b>Alcohol and Drug Information Service (ADIS)</b> 1300 13 1340 (8:30am – 10pm every day).	A confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals.
<b>Gambling Help Service – Relationships Australia</b> 1800 934 196 <b>Web:</b> <a href="http://www.gamblinghelpsa.org.au">www.gamblinghelpsa.org.au</a>	Counselling and support.
<b>Centacare</b>	
<b>Centacare</b> 8215 6700 <b>Web:</b> <a href="https://centacare.org.au">https://centacare.org.au</a>	Counselling, Domestic Violence Services, Drug and Alcohol, Family Dispute, My Aged Care, NDIS Support, Parenting, Pregnancy Support, Relationship Support, Respite, Suicide Prevention, Youth Homelessness.
<b>Centrelink</b>	
<b>Centrelink or Medicare</b> 132 307 <b>Web:</b> <a href="http://www.servicesaustralia.gov.au">www.servicesaustralia.gov.au</a>	Government agency
<b>Child Protection</b>	
<b>Crisis Care</b> 131 611 (After hours service)	After hours emergency service to respond to immediate child abuse and neglect matters.
<b>Child Abuse Report Line (CARL)</b> 131 478 <b>Web:</b> <a href="https://www.childprotection.sa.gov.au/report-suspected-harm">https://www.childprotection.sa.gov.au/report-suspected-harm</a>	Ring to report a reasonable suspicion that a child has been or is being harmed.
<b>Disability Services</b>	
<b>Centacare Disability Services</b> (08) 8215 6818 45 Wakefield Street Adelaide 5000	We will walk alongside you to design supports that suit your needs, creating opportunities for growth, autonomy and new experiences. Includes NDIS.
<b>Disability Advocacy and Complaints Service of South Australia Inc (DACSSA)</b> <b>Web:</b> <a href="https://dacssa.org.au/">https://dacssa.org.au/</a>	Free, independent information and support organisation

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<b>Domestic Violence</b>	
<p><b>Domestic Violence Crisis Line (DVCL)</b> 1800 800 098 <b>Email:</b> <a href="mailto:contact@womenssafetyervices.com.au">contact@womenssafetyervices.com.au</a> <b>Web:</b> <a href="http://www.womenssafetyervices.com.au">www.womenssafetyervices.com.au</a></p>	<p>Supporting anyone affected by violence and abuse in their personal relationships. Due to the volume of calls, it is at times necessary to leave a message. Messages left will be returned. Discretion is assured. Return messages will not be left with anyone other than the original caller.</p>
<p><b>Zahra Foundation Australia</b> 8352 1889 <b>Web:</b> <a href="http://www.zahrafoundation.org.au">www.zahrafoundation.org.au</a></p>	<p>Zahra assists South Australian women and children affected by domestic and family violence, by empowering them and providing pathways towards economic independence.</p>
<p><b>1800RESPECT</b> (1800 737 732)</p>	<p>24/7 Domestic, family or sexual violence hotline</p>
<b>Employment</b>	
<p><b>Multicultural Communities Council of SA Inc (MCCSA) Job Café</b> <b>Address:</b> 113 Gilbert Street, Adelaide, South Australia <b>Phone:</b> 08 8345 5266 <b>Email:</b> <a href="mailto:mccsa@mccsa.org.au">mccsa@mccsa.org.au</a> <b>Web:</b> <a href="http://www.mccsa.org.au">www.mccsa.org.au</a></p>	<p>This project aims to help job seekers better prepare themselves in applying for positions and navigating subsequent interviews.</p>
<b>Finance/Bills</b>	
<p><b>Funeral Assistance SA</b> 1300 762 577 <b>Email:</b> <a href="mailto:FuneralAssistanceSA@sa.gov.au">FuneralAssistanceSA@sa.gov.au</a></p>	<p>SA government assistance for low income funerals.</p>
<p><b>Affordable SA</b> 1800 025 539 <b>Web:</b> <a href="https://www.affordablesa.com.au/">https://www.affordablesa.com.au/</a></p>	<p>Find all the affordable and social services you need right here on the Affordable SA website. With just a few clicks, find access to help with food, housing, finances, mental health, and more. Our site is easy to use and connects South Australians with services that support everyday needs. Explore the resources available and refer yourself to the help that suits you best.</p>

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<p><b>Emergency Financial Assistance</b>  <b>Web:</b> <a href="https://www.sa.gov.au/topics/care-and-support/concessions/financial-aid/emergency-financial-aid">https://www.sa.gov.au/topics/care-and-support/concessions/financial-aid/emergency-financial-aid</a></p>	<p>If you're experiencing financial stress, there are services that can help. You might be able to access:</p> <ul style="list-style-type: none"> <li>• food vouchers</li> <li>• chemist vouchers</li> <li>• transport vouchers</li> <li>• help with rent or accommodation costs</li> <li>• help toward the cost of bills</li> <li>• material help, such as food hampers or clothing, and sometimes cash</li> </ul>
<p><b>National Debt Helpline</b> 1800 007 007  Weekdays 9:30am – 4:30pm</p>	<p>The National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. We're not a lender and we don't 'sell' anything or make money from you. Our professional financial counsellors offer a free, independent and confidential service.</p>
<p><b>Centrelink Crisis Payment</b>  <b>Web:</b> <a href="https://www.servicesaustralia.gov.au/crisis-payment">https://www.servicesaustralia.gov.au/crisis-payment</a></p>	<p>A one-off non-taxable payment if you've experienced an extreme circumstance and are in severe financial hardship. There are different types of Crisis Payments for different extreme circumstances.</p> <p>We consider an extreme circumstance to be one of the following:</p> <ul style="list-style-type: none"> <li>• you experienced an incident of family and domestic violence that forced you to leave your home</li> <li>• you stayed in your home after experiencing domestic violence and the family member responsible left or was removed from the home</li> <li>• you were forced to leave your home because of a circumstance and it's unreasonable for you to return to your home in the near future</li> <li>• you arrived in Australia as a humanitarian entrant for the first time</li> </ul> <p>you were in prison or psychiatric confinement for a period of at least 14 days.</p>

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<b>Adelaide Benevolent Society</b> 8231 5321 <b>Web:</b> <a href="https://adelaide.org.au/">https://adelaide.org.au/</a>	Housing, Affordable Holiday Rentals, Financial Assistance
<b>Outstanding Fines Assistance</b> 1800 659 538 <b>Email:</b> <a href="mailto:fines@sa.gov.au">fines@sa.gov.au</a> <b>Web:</b> <a href="http://www.fines.sa.gov.au">www.fines.sa.gov.au</a>	Apply for a payment plan to avoid suspension of driver's licence etc.
<b>Food</b>	
<b>Foodbank SA</b> <b>Web:</b> <a href="http://www.foodbank.org.au">www.foodbank.org.au</a> to select location	You can find emergency food relief on the Foodbank website. Users can enter their postcode to find the closest food bank to their location. You can filter by food to prepare or ready-made meals on site, or both. The website also includes information on how to access food relief, eligibility criteria, and frequently asked questions.
<b>Food Van and Soup Run (Fred's Van)</b> <b>Web:</b> <a href="https://www.vinnies.org.au/sa/find-help/freds-van-meal-service">https://www.vinnies.org.au/sa/find-help/freds-van-meal-service</a>	The Vinnies Fred's Van meal service provides all kinds of nourishment - not just food! The service operates at eight sites across Adelaide, as well as one site each in Port Lincoln and Port Pirie. The Adelaide sites are: Aldinga, Adelaide CBD, Christie Downs, Kilburn, Elizabeth, Gawler, Semaphore and Salisbury.
<b>Homelessness</b>	
<b>Affordable SA Homelessness Gateway</b> 1800 003 308	The homelessness gateway is a 24 hours a day, 7 days a week telephone service which can help with support and access to emergency accommodation
<b>Catherine House</b> 8232 2282 <b>Web:</b> <a href="http://www.catherinehouse.org.au">www.catherinehouse.org.au</a>	Catherine House has accommodation and support services for women experiencing homelessness, who are 18 years and older, and unaccompanied by children. Offering a range of services to women including: emergency accommodation services, transitional housing services, supported accommodation for clients with mental health concerns, and support services through the Catherine House Women's Centre.
<b>Hutt Street Centre</b> (08) 8418 2500 258 Hutt Street Adelaide SA 5000 <b>Email:</b> <a href="mailto:help@huttstcentre.org.au">help@huttstcentre.org.au</a>	Hutt St Centre supports people facing homelessness to rebuild and reconnect

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<b>Vinnies Men's Crisis Centre 24/7</b> 1800 003 308 Whitmore Square, Adelaide <b>Web:</b> <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>	Accommodation, support, counselling, meals.
<b>Immigration</b>	
<b>Australian Refugee Association</b> 1300 363 992 Salisbury Office 8354 2951 <b>Web:</b> <a href="https://www.australianrefugee.org/">https://www.australianrefugee.org/</a>	Refugee advocacy and support
<b>Red Cross Migration Services and Support</b> <b>Web:</b> <a href="https://www.redcross.org.au/migration/">https://www.redcross.org.au/migration/</a>	We provide help and support to refugees, people seeking asylum, people in immigration detention and other people who are vulnerable as a result of migration.
<b>Refugee Health Service</b> (08) 7133 9996 21 Market Street Adelaide 5000	The Refugee Health Service (RHS) is a specialist state-wide health service for newly arrived refugees and asylum seekers in South Australia.
<b>Vinnies Refugee and Asylum Seeker Service (VRASS)</b> (08) 8340 3054 <b>Web:</b> <a href="https://www.vinnies.org.au/sa/find-help/refugee-asylum-seeker-support">https://www.vinnies.org.au/sa/find-help/refugee-asylum-seeker-support</a>	The Vinnies Refugee & Asylum Seeker Service (VRASS) mainly supports Asylum seekers on Bridging Visas and expired visas. However, some support extends to Safe Haven Enterprise Visa (SHEV) holders and those transitioning to Resolution of Status Visa (ROS).
<b>Legal Support</b>	
<b>Victim Support Service</b> 1800 842 846 <b>Web:</b> <a href="http://www.victimsa.org">www.victimsa.org</a>	Victim Support Service (VSS) provides free and confidential support and information to adult victims of crime, witnesses, their family, and friends across South Australia.
<b>Legal Services Commission SA</b> 1300 366 424 <b>Web:</b> <a href="https://lsc.sa.gov.au/">https://lsc.sa.gov.au/</a>	24 hour legal advice.
<b>Mental Health</b>	
<b>Beyond Blue</b> 1300 22 4636 <b>Web:</b> <a href="https://www.beyondblue.org.au/get-support">https://www.beyondblue.org.au/get-support</a>	If you're going through a hard time right now, the Beyond Blue Support Service is available 24/7 for brief counselling. Our counsellors will listen and help you find the extra mental health help you need. Get free, confidential counselling
<b>Lifeline</b> 131 114	Emergency phone counselling.

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<b>Medicare Mental Health</b> 1800 595 212 <b>Web:</b> <a href="https://www.medicarementalhealth.gov.au/">https://www.medicarementalhealth.gov.au/</a>	Medicare Mental Health is a free service that connects you with the mental health support that is right for you.
<b>Pregnancy Support</b>	
<b>Birthline Pregnancy Support</b> 1300 655 756 <b>Web:</b> <a href="https://birthline.org.au/">https://birthline.org.au/</a>	Our free, confidential services are available 24/7, providing counselling and practical assistance tailored to your needs. Whether you're seeking support, resources, or simply someone to listen, we're here to help you make empowered and informed decisions that are right for you.
<b>Genesis Pregnancy Support</b> 1300 139 313	Non-denominational, not-for-profit Christian organisation that offers free counselling, material aid, education, and emotional support to women, particularly single or unsupported mothers, while also providing post-abortion care and preventative education.
<b>Religious Organisations</b>	
<b>Anglicare</b> 132 622	Aged Care, counselling, emergency relief, disability and carer services - NDIS
<b>Baptist Care</b> 1300 654 450 <b>Web:</b> <a href="https://baptistcaresa.org.au/">https://baptistcaresa.org.au/</a>	Aged Care, Counselling, Emergency Relief, Homelessness, Disability and Carer services - NDIS
<b>Lutheran Community Care</b> 8269 9333 <b>Web:</b> <a href="https://www.lutherancare.org.au/">https://www.lutherancare.org.au/</a>	Children's Contact Service, Community Connections, Counselling, Disability care, Emergency Relief, Financial Counselling, Foster Care, Op Shops, Tax help.
<b>Salvation Army</b> 13 72 58 <b>Web:</b> <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a>	Alcohol and drug services, Aged Care, Prison Chaplains, Disasters and Emergencies, Financial Assistance, Family and Domestic Violence, Housing, Employment Service, Funerals, Homelessness Support, Learn to Drive, Youth Services.
<b>St Vincent de Paul Society (Vinnies)</b> 13 18 12 <b>Web:</b> <a href="https://www.vinnies.org.au/">https://www.vinnies.org.au/</a>	Homelessness Services, Emergency Assistance (food parcels, assistance with completing forms and housing applications, assistance with bills.
<b>Uniting Care Wesley Bowden</b> 8245 7100 <b>Web:</b> <a href="mailto:ucwb@ucwb.org.au">ucwb@ucwb.org.au</a>	Aged care services, Child and family services, emergency assistance, financial health, mental health and carer support, NDIS services.