



# AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL  
AND TORRES STRAIT ISLANDER STUDIES

## South Australia

### Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:  
**Emergency Contact Numbers**

**1300 224 636**  
BEYOND BLUE

**13 11 14**  
LIFELINE

**1800 55 1800**  
KIDS HELPLINE

### Link-Up South Australia – Nunkuwarrin Yunti

Nunkuwarrin Yunti's Link-Up SA program provides family tracing, reunion and counselling services to Aboriginal and Torres Strait Islander people and their families who have been separated under the past policies and practices of the Australian Government.

Web: [nunku.org.au/our-services/social-emotional/link-up](http://nunku.org.au/our-services/social-emotional/link-up)

Adelaide office

182-190 Wakefield Street, Adelaide SA 5000  
PO Box 7202, Hutt Street, Adelaide SA 5000  
Ph: 08 8406 1600  
Fax: 08 8232 0949  
Email: [nunku@nunku.org.au](mailto:nunku@nunku.org.au) (for general enquiries)

# Moorundi Aboriginal Community Controlled Health Service

Moorundi Aboriginal Community Controlled Health Service Inc. delivers a comprehensive range of primary health care services to our communities.

## The Tumbetun Namawi mi:wi (Healing Our Spirit) Team provides:

- Bringing the Community Together
- Holistic Health, focusing on the emotional effect on health
- Mental Health Counselling
- Alcohol And Other Drugs Counselling
- Supports the Language Groups
- Supports the Genealogy Groups
- Continue to support the Deadly Nannas
- Encourages programs that link Language and Culture with Social & Emotional Wellbeing
- Partnership with Department for Child Protection
- Event Organisation - NAIDOC, Reconciliation, Sorry Day, and others.
- Interagency partnership with Nanko-Walun Porlar Nomawi, South School Primary and Moorundi to create a CD in Language for grandparents
- Yarning Groups

## Locations in Murray Bridge, Raukkan and Victor Harbor

Web: <https://www.moorundi.org.au/wellbeing>

For all clinics, please call **Toll-Free 1800 023 846** or Caller Paid (08) 8531 0289

## Find & Connect Support Service South Australia – Elm Place

Find & Connect supports people who experienced out-of-home-care as children. This includes people who grew up in orphanages, children's homes, institutions and foster homes. Find & Connect can help with records access, counselling services, reconnecting with family as well as many other kinds of support. "Elm Place recognises that people have different experiences of their time in care and the service is respectful of people's varying needs and issues."

Ground Floor, 191 Flinders Street, Adelaide SA 5000

Free Call: Telephone: 1800 16 11 09

Ph: 08 8223 4566

Web: [www.rasa.org.au/elm-place](http://www.rasa.org.au/elm-place)

## Tullawon Health Service

Tullawon Health Service Inc. is an Aboriginal Community Controlled Health Organisation. It provides primary health care and chronic disease management to the local Aboriginal community of Yalata, South Australia.

### Social, Emotional, Wellbeing

(Funders: OATSIH, Healing Foundation)

The SEWB program focuses on providing mental health services for local Community members. There is a strong focus on assisting the healing process of those directly and indirectly affected by the Stolen Generations. Aboriginal health is viewed in a holistic context that encompasses mental health and physical, cultural and spiritual health.

Admin Office (Yalata): (08) 8625 6255

Clinic (Yalata): (08) 8625 6237

**24 Hour Medical Emergency Number - 0427 256 237**

Postal Address: PMB 45, Ceduna, 5690, South Australia

Email: [admin@tullawon.org.au](mailto:admin@tullawon.org.au)

## Umoona Tjutagku Health Service Aboriginal Corporation (UTHSAC)

Umoona Tjutagku Health Service was established in 2005 to address the specific medical needs of the Aboriginal people in Coober Pedy. The organisation has expanded steadily over the past seven and a half years to provide a comprehensive range of medical, dental and social services for our community.

### BRINGING THEM HOME PROGRAM

Knowing their trauma of the Stolen Generation and Discrimination BTH is committed to trauma and grief and loss counselling to help individuals and families.

Putting people in touch with Link Up to help people find their original family and relatives. Through this a Family Reunification can occur. There have been instances of this that has brought real healing to families and individuals.

Promoting Awareness of aboriginal history, policies and practices.

### SOCIAL AND EMOTIONAL WELL BEING PROGRAM (SEWB)

- Linkage to other organisations for assistance including Housing, Centrelink, Funeral costs, Financial problems, Domestic Violence and Mental health Issues.

- SEWB is the entrance point for people who need to see visiting psychiatrists Dr Nigel Cord Udy and Dr Adriana Lattanzio whether through personal appointments or by Tele Psychiatry.
- SEWB can make contact with Ngangkari for people needing traditional Healing, their homes cleansed or work places cleansed.
- SEWB assists people in exercise programmes by setting individual goals and helping people reach them.
- Social Support
- Resilience
- Attitude/Coping Skills

Contact details:

P.O. Box 166  
Lot 8, Umoona Road,  
Coober Pedy,  
South Australia 5723

Ph: 08 8672 5255

Medical (Email): [reception@uths.com.au](mailto:reception@uths.com.au)

Administration (Email): [umoona@uths.com.au](mailto:umoona@uths.com.au)

## NATIONAL ORGANISATIONS:

### Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

To be connected to your closest Relationships Australia, South Australia office, call **1300 364 277** (cost of a local call) or **1800 182 325** (country callers), or [view locations](#) to contact a specific office or Family Relationship Centre.

Web: <https://www.rasa.org.au/>

### Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

### Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

Lifeline Adelaide is a service of **Uniting Communities** and provides a 24-hour telephone crisis support service, 365 days a year. It also provides an online Crisis Chat service from 6.30pm to 11.30pm (CST) every day.

Ph: 13 11 14 (Crisis Support)

Ph: 1800 615 677 (Uniting Communities)

Web: <https://www.lifelineadelaide.org/crisis-support/>

Email: [LifelineAdmin@unitingcommunities.org](mailto:LifelineAdmin@unitingcommunities.org)

## Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Ph: 1300 224 636

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Web: <https://www.beyondblue.org.au>

## Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

## 1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>