



Government of South Australia

SA Housing Authority



Helpful contacts and services

Housing

Housing SA

<https://www.housing.sa.gov.au/housing-sa-information/assistance-and-contacts>

PH: 131 299

Homeless Connect SA

<https://www.homelessconnectsa.org/>

PH: 1800 003 308

Housing Safety Authority

<https://www.housingsafetyauthority.sa.gov.au/>

PH: 1300 700 329

HomeSeeker SA

Helping South Australians buy their own home or access affordable private information.

<https://homeseeker.sa.gov.au/>

HomeStart Finance

<http://www.homestart.com.au/>

PH: 1300 636 878

RentRight SA

Free housing advice and advocacy service, to help sustain tenancies in private rental, community housing, rooming houses, and public housing.

<https://www.syc.net.au/retrightsa>

PH: 1800 060 462

South Australian Civil and Administrative Tribunal (SACAT)

<https://www.sacat.sa.gov.au/>

PH: 1800 723 767

Helpful contacts and services

Domestic and Family Violence, Safety and Security

Women's Information Service

The Women's Information Service provides information to South Australian women online, over the phone and in person. We aim to increase access to information that promotes choice and empowerment.

www.officeforwomen.sa.gov.au/womens-information-service

PH: **83030590**

Domestic violence Crisis Line

The Crisis Line is a 24hour DV Crisis service for sexual assault, DV services and counselling.

PH: **1800 800 098**

Yarrow Place

Rape and Sexual Assault Service.

www.wchn.sa.gov.au/our-network/yarrow-place

PH: **1800 817 421**

1800 RESPECT

1800RESPECT is the national domestic, family, and sexual violence counselling, information, and support service.

www.1800respect.org.au

PH: **1800 737 732**

Women's Legal Service SA

WLSSA provides free and confidential legal advice, assistance, referrals, representation and outreach across metropolitan Adelaide, rural, regional, and remote South Australia.

www.wlssa.org.au

PH: **1800 816 349**

Legal Service Commission

Provides free, independent, and confidential legal advice on various matters.

www.lsc.sa.gov.au

PH: **1300 366 424**

Helpful contacts and services

Older Women, Aging, and Elder Discrimination/Abuse

ARAS – Aged Rights Advocacy Service

An independent rights-based organisation that aims to promote and protect the rights and wellbeing of older people, through the provision of information, education, support, and representation.

www.sa.agedrights.asn.au

PH: (08) 8232 5377 / Country Toll free: 1800 700 600

Seniors Information Service - Catalyst Foundation

Seniors Information Service provide independent information, support, and advice to older South Australians about all subjects and to those who are living with a disability. They also support to families and carers.

www.catalystfoundation.com.au/ageing/seniors-information-service/

PH: 1800 636 368

SA Elder Abuse Prevention Phone Line

If you are being abused or suspect someone else is, trained staff can provide free confidential advice and support.

[www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/stop+elder+r+abuse/stop+elder+abuse](http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/stop+elder+abuse/stop+elder+abuse)

PH: 1800 372 310

Uniting Communities Elder Abuse Unit

It includes assessments for people experiencing elder abuse, legal advice and representation, education and information, case management, counselling for abuse victims, elder abuse support groups and referrals to other services.

www.unitingcommunities.org/service/legal-services/elder-abuse

PH. 8202 5960

Ethnic Link Services - Uniting SA

Ethnic Link services is a statewide service for frail older people and their carers from culturally and linguistically diverse (CALD) backgrounds to support them to live at home and in the community.

www.unitingsa.com.au/aged-care/community-aged-care-cultural-support

PH. 8448 6260 (Metro) / 8548 9400 (Riverland) / 0476 829 377 (Whyalla)

Muslim Women's Association of South Australia, Commonwealth Home Support Program (CHSP)

Provides support to people aged 65 years and older from a CALD background through the CHSP scheme.

www.mwasa.org.au/wp

PH. 8212 0800

Helpful contacts and services

Aboriginal Elders Village

Situated in the northern metropolitan region of Adelaide, providing specialized care and support to frail older Aboriginal individuals. The Village is a culturally specific home committed to providing adaptable care for Elders while honouring their unique traditions and beliefs.

PH. **8287 1454**

Helpful contacts and services

Financial Security

South Australian Financial Counsellors Association

A free, independent and confidential service available through community organisations and community legal centres. They can talk to creditors on your behalf and help negotiate affordable payment plans.

www.safca.org.au/

PH. (08) 8337 0898

Zahra Foundation Australia

We are a South Australian based charity supporting women and children affected by domestic and family violence. We specifically address the financial abuse and disadvantage women experience as a result of domestic violence, providing specifically tailored programs and services that promote the economic empowerment of women.

www.zahrafoundation.org.au

PH: 8352 1889

Aboriginal Legal Rights Movement- Aboriginal Financial Counselling

They provide free legal, financial and advocacy services for aboriginal communities; as well as domestic violence assistance, supporting the safety and legal needs of Aboriginal & Torres Strait Islander women and their children in the metropolitan, regional and remote regions of SA.

www.alrm.org.au

PH. 1800 643 222

The Financial Literacy for Women Course - Harmony Alliance

This course is a free e-learning resource designed to help migrant and refugee women manage their money while living in Australia. It covers the various steps of handling finances, including setting up a bank account, making payments, earning an income, and saving for your retirement.

www.harmonyalliance.org.au/financial-literacy-and-wellbeing

Helpful contacts and services

Mental and Physical Health and Wellbeing

Cedar Health Service

Cedar Health Service is a free and confidential health service for women living in metropolitan Adelaide. No referral is needed. Our services are provided to women aged 16 years and over in welcoming, safe, and culturally respectful places. Trauma responsive services for women experiencing health issues as a result of domestic and family violence or challenging life issues.

www.wchn.sa.gov.au/our-network/cedar-health-service

PH. **(08) 8444 0700**

Regional Access

Offers free professional telephone and online counselling 24 hours a day, seven days a week for people 15 years and older living or working in regional South Australia.

<https://saregionalaccess.org.au/>

Ph. **1300 032 186**

COTA SA

COTA SA is an independent organisation supporting older South Australians and offer programs which support South Australians to age well. Programs include help with negotiating Aged Care, Social connections, and Strength for Life program.

www.cotasa.org.au

PH. **(08) 8232 0422** / Country Toll free: **1800 182 324**

Beyond Blue

Information about helping older people manage anxiety and depression and hints to help them to understand.

www.beyondblue.org.au

PH. **1300 22 4636**

Helpful contacts and services

Relationships

Relationships Australia Counselling

Relationship Counselling enables individuals, couples, and families to build positive relationships.

www.rasa.org.au

PH: **1300 364 277**

Bfriend- Uniting Communities

Bfriend supports anyone with questions about sexuality, gender identity and intersex variations. It is a free and confidential service.

www.unitingcommunities.org/service/community-support/lgbtiqa-support

PH: **1800 615 677**

Safe Pets Safe Families

Provides care for the pets of people in the community who are experiencing a personal crisis, including domestic violence, homelessness, or hospitalisation.

www.safepetssafefamilies.org.au/paws-pals/lies

PH. **0490 818 879**