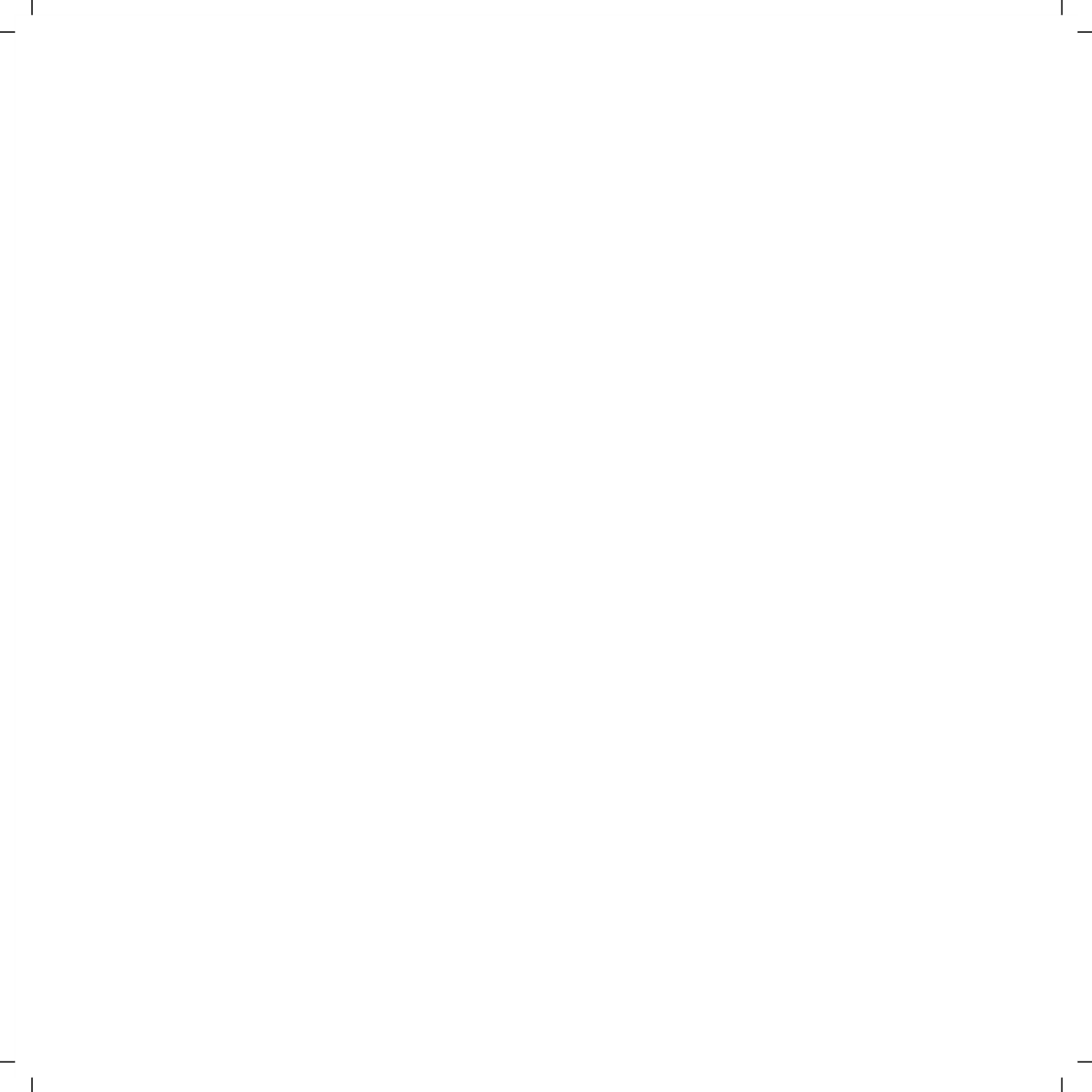




Our Wellbeing Connections





स्वागतम

Hola

Yasuo



Hello

Bawoo

Oi

Halo

Kia Ora

Hallo

Namaste

वेलकम

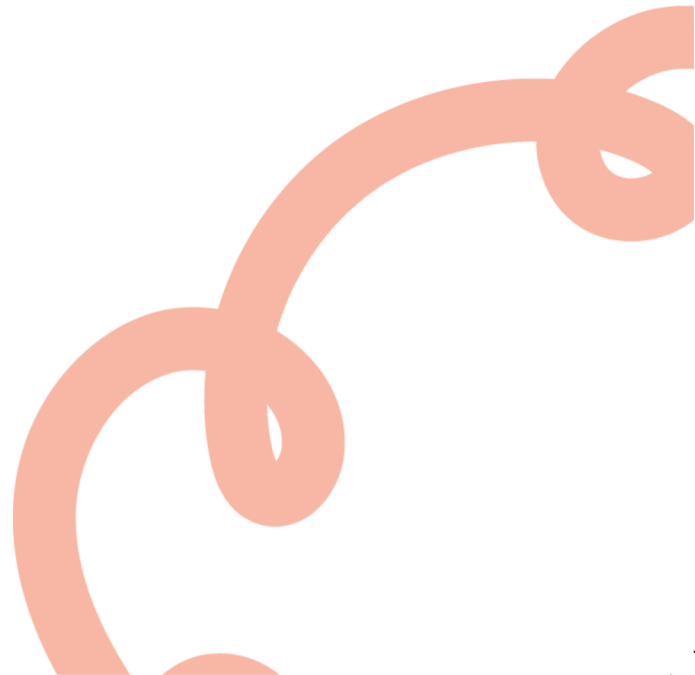
We are proud to acknowledge the Barngarla People as the Traditional Custodians of these lands and waters.

We extend this acknowledgement to all First Nations Peoples & pay our respects to Elders of the past, present and future.

Welcome all, let's work together.

Here at Our Town, we heard from our community that sometimes it's difficult navigating wellbeing services and finding the right help.

It can be like a train to nowhere...





So we created

~~~~~ Our

Wellbeing

Connections

Our Town is a regional wellbeing initiative that builds the capabilities of regional towns in South Australia to develop community-based responses to support mental health and wellbeing.

## Come & visit us

@ 47 High Street, Kimba

on 0499 272 024

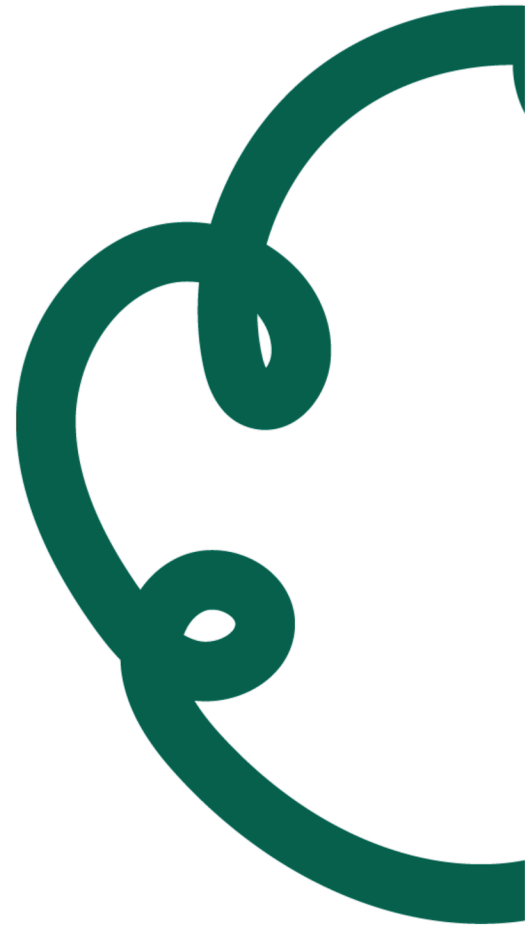
or [hello@ourtownkimba.com.au](mailto:hello@ourtownkimba.com.au)

We can be a listening ear,  
or we can help you find  
the right support for you.

Maybe this is connecting with  
professional support.

Maybe this is connecting with  
like minded people over a common interest.

Thank you to all that gave feedback in the process of creating this guide. This is not a complete list of all services available to you, but hopefully provides you with enough to start you on your wellbeing journey. To the best of our abilities, all services listed here were correct at the time of printing.



**I think it's  
urgent...**

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**I want some  
help looking after  
my emotional  
wellbeing...**

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**I would like to  
focus on my  
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some help for  
supporters...**

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to collect my  
thoughts**

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# ~~~~~ I think it's urgent ~~~~~



**Call 000 or go to  
your nearest  
hospital**



**Reach out to a  
friend or family  
member**



**Reach out for  
professional or  
trusted support**



**Call the Mental  
Health Triage Service  
13 14 65**



**Call Lifeline on  
13 11 14**





I want some help  
looking after my  
**emotional**  
**wellbeing...**

# I want some help looking after my emotional wellbeing...

I'm  
local



## Acacia Rae Therapy and Wellness

Jordy / Kimba / 0491 947 073

9am - 5pm Monday to Friday

Self referral

In person / telehealth



A counselling practice offering individual therapy for young people aged 12-25.



## COTA South Australia

Tina / Kimba / 0427 440 820

Self referral

In person / phone

Helping people access My Aged Care to secure assistance to live independently for longer.

## Eyre Mental Health Services - Mental Health Nurse

Kimba / 7669 1083

8.30am - 4.30pm Monday to Friday

Self referral

In person / telehealth



Provides mental health services for people 16 years & over with moderate to severe mental illness. Visiting Kimba once a month.



## Erin Lister

Erin / 0498 733 479

By appointment

Self referral

In person

Mindset & Wellbeing coach utilising the tools of Neuro Linguistic Programming, time line therapy, hypnosis, access bars. Can assist anyone in a stuck state or with any sort of poor wellbeing or emotional distress.



## Girls on their own (GOTO)

Helen / Kimba / 0429 880 098

Support & companionship group for females who have lost or separated from a partner, or those living on their own. Meets monthly at a local cafe.

## Kimba District Hospital

Kimba / 8627 2400

24 hour emergency assistance

Self referral

In person / telehealth

Offers 24 hour emergency assistance. Staffed by nurses at all times, with doctors contactable when required. Can also provide referrals to other services.

## Mid Eyre Medical

Kimba / 8627 2664

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Local GP service with locums/visiting doctors.

# I want some help looking after my emotional wellbeing....



## Ana Tu Psychology

Port Lincoln / 7076 9079

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Supports with: Cognitive Behavioural Therapy / Acceptance & Commitment Therapy / Dialectical Behaviour Therapy / Eye Movement Desensitisation Therapy / Trauma Focused Therapy / NDIS / Child/Adult Psychological Assessments.



## Centacare

Whyalla / 8644 2020

Port Lincoln / 8215 6370

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Supports with: relationships / Northern Carers network / childrens services / counselling / disability / domestic violence / homelessness / drug & alcohol / foster care / health wellbeing & education / mental health / response to abuse / parenting / pregnancy support / playgroups / respite / suicide prevention / training/education / youth homelessness / community services.



NDIS



**Heidi Woodstock, AMHSW**  
Compassion & Insight Counselling

## Heidi Woodstock - Compassion and Insight Counselling

Port Lincoln / 0491 203 673

Varying hours / Monday to Thursday

Self referral

In person / telehealth / phone

Accredited mental health social worker supporting with: relationship & parenting challenges / trauma / mental health symptoms or diagnosis / addiction / grief & loss. Special interest in maternal mental health during pregnancy & the postnatal period.



## Country and Outback Health

Port Augusta (Head Office) / 8643 5600

9am - 5pm Monday to Friday

Self referral

Offering therapeutic support, as well as exploring NDIS eligibility for people with complex mental health needs & connecting to NDIS services.



NDIS



## Country Health Connect - Social Worker

Cleve / 8628 2665

9am - 5pm Monday to Friday

Self referral

Visits Kimba monthly or when required. Supports with: disability support claims / NDIS / advanced care directives / enduring Power of Attorney / navigating health care system / Angel Flight / cognitive assessment / memory support / coordinating travel for health care / perinatal & postnatal pediatric support partnership with CAFHS.

# I want some help looking after my emotional wellbeing...

## **Dylan Beinke**

Eyre Peninsula / 0428 272 393

Self referral

In person / phone

Offers holistic consultation or support. One on one treatments using a combination of modalities & Universal Kinetics to address a wide range of health & lifestyle issues such as depression, diet, nutrition, mental wellbeing, detoxification, sleep issues, spiritual disconnection, meditation.

## **Equine Enhanced Well Being**

Port Lincoln / 0488 723 171

Monday to Friday

Self referral

In person

Offers a unique counselling experience for children, adolescents & adults seeking therapeutic support. Engaging in client focused therapy with the assistance of equine interaction.



## **Headspace**

Whyalla / 8641 4330

Port Lincoln / 8621 3880

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Provides services including shelter, financial support & counselling to families, single adults & children experiencing difficulties in their lives.



## **Ken Fielke Psychiatrist**

Cleve / 8339 4301 / 8628 2003

GP referral

In person

Offers a consultation liaison psychiatry outreach clinic.



## **Listening is Love**

Cari / Cleve / 0428 282 503 / cari@listeningislove.com.au

Varying hours / Monday to Thursday

Self referral

In person / telehealth

Offers: art therapy / women's creative empowerment retreats & workshops / Rites of Passage ceremonies / individual & relationship coaching / crystal reiki healing, creative therapy for girls.



## **Mentally Fit EP**

Port Lincoln / 8683 0072 / wcycs@wcycs.com.au

9am - 5pm Monday to Friday

Self referral

In person / phone / online

Acts as a conduit to services, and also to connect community who have been through similar experiences.

# I want some help looking after my emotional wellbeing...



## Nunyara Aboriginal Health Service

Whyalla / 8649 9900

8.30am - 5pm Monday to Friday

Self referral

In person / telehealth



Provides culturally appropriate grief & loss counselling.



## Port Lincoln Aboriginal Health Service

Port Lincoln / 8683 0162

8.30am - 5pm Monday to Friday

Self referral

In person / telehealth



Predominantly a medical service but offers wellbeing support.



## Positive Future Self

Port Lincoln / 7609 1174

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Supports with: counselling / psychotherapy / hypnotherapy / EMDR therapy / NLP / art therapy / Neuro-feedback therapy / Movement therapy / Peaceful kids groups / clinical supervision / mentoring / training & coaching.



## Preparing Your Way

Steph / Clare / 0427 275 029 / [steph@preparingyourway.com](mailto:steph@preparingyourway.com)

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Supports with: NLP / hypnosis & non-medical support / practical, emotional, spiritual & social support in end of life planning. End of life planning offered for the well, those living with a lifetime illness, as well as working through family and friends to assist the dying and provide after death support.



## Sheoak Clinical Psychology

Cleve / 0455 214 648

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Supports with: Addictions / anger / anxiety / depression / emotional turmoil / gender identity & sexuality / grief & loss / insomnia & sleep disturbances / life transitions / panic attacks / parenting / personal growth / phobias & fears / post-natal depression / PTSD / Psychotherapy / relationship struggles & conflict / stress & burnout / trauma, worry & rumination.

# I want some help looking after my emotional wellbeing...



## Standby Support after Suicide

Whyalla / 0437 752 458

24 hour crisis support

Self referral

In person / telehealth / online

Visits Kimba when requested. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life. This support is continued for up to two years. Standby can provide group support after a suicide for schools, workplaces & community groups.



## Uniting Country SA

Whyalla & Port Lincoln / 1300 067 777

9am - 5pm Monday to Friday

Self referral

In person / telehealth

Provides services including shelter, financial support & counselling to families, single adults & children experiencing difficulties in their lives.



## West Coast Youth and Community Support

Port Lincoln / 8683 0072

9am - 5pm Monday to Friday

Self referral

In person

Supports with relationship & family counselling / drug & alcohol misuse / domestic violence / healthy relationships / social & self esteem issues / grief & loss / homelessness support.



## Yarredi Services Inc

Port Lincoln / 8683 0311 / Out of hours 1800 110 617

9am - 5pm Monday to Friday

Self referral

In person

Offers support services for women & children experiencing domestic or family violence. Includes: specialist counselling / practical support / emergency or crisis accommodation / advocacy (eg Intervention Orders) / referrals. Males can also use this service to be referred to services if concerned about domestic/family violence.



## Zest Holistic Healing

Piednippie / 0438 805 675 / zestholistichealing@outlook.com

By appointment

Self referral

In person / phone

Mind and body coach offering kinesiology, NLP, hypnotherapy, Touch for Health, and youth work to create connection and courage through individual change and responsibility.

**If you need to access someone via  
Telehealth but don't have the  
resources, contact the**

# **Kimba District Hospital.**

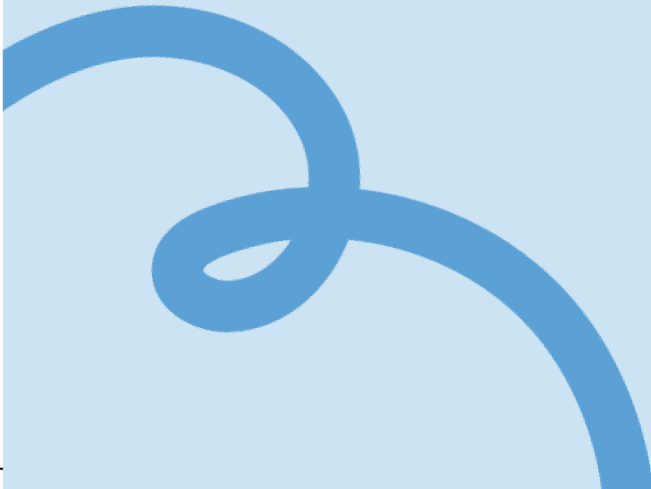
**You can book in to use their  
Telehealth meeting room.**



Quite often, the first person you  
talk to might not be the right fit.

**Keep trying!**

The right support is out there.







I would like to focus on  
**my physical**  
health...

# I would like to focus on...

## my physical health



### **Dream Dance Studio**

Kellie / 0428 572 411

Weekly classes

Memberships available

Teaching tap & jazz dance

From two years old to Year 12.



### **Eyre Chiropractic & Podiatry**

8644 2210 / 0437 442 278

By appointment

Chiropractors visiting Kimba

Sunday & Wednesday

fortnightly. Podiatrist once a

month on a Wednesday.



### **Hair around Town**

Jacqui / 8627 2351

By appointment

Relaxation, sports & remedial

massage & spinal flow

technique practices.



### **Kimba Energy Zone**

Tanya / 0428 823 396

Weekly classes

HIIT, functional & boxing

training classes in a fun

community environment.

Schedule on Facebook.



### **Kimba Health & Fitness Centre**

Corinne / 0438 891 273

24/7 gym access

Memberships available

24/7 access to gym space &

equipment.



### **Kimba Swimming Lessons**

Nicole / 0428 278 088

10 week program

Memberships available

Terms 1 & 4. Schedule on

Facebook (weather dependant).

### **Swimming Lessons**

Jacinta / 0427 274 048

Weekly classes

Terms 1 & 4. Babies to adults

including swimming for those

with disabilities.

### **Icebreakers**

Julie / 0427140140

Daily 7am in Summer

Adult female social swimming

group

## **Refer to Facebook pages for details...**

### **Cricket...**

Buckleboo Cricket Club

Kimba Cricket Club

### **Kimba Basketball Association**

### **Kimba Bowling Club**

### **Kimba Football Club**

### **Kimba Golf Club**

### **Kimba Motorcycle Club**

### **Kimba Netball Club**

### **Kimba Pony Club**

### **Kimba Swimming Pool**

### **Our Town Kimba 8Ball League**

### **Tennis...**

Buckleboo Tennis Club

Kimba Tennis Club

Waddikee Tennis Club

# I would like to focus on...

## my physical health



### Laura Kate Pilates

Laura / 0439 854 885 /  
MINDBODY app  
Weekly classes

Reformer, mat pilates, &  
infrared sauna sessions. Group  
& individual sessions available.  
In person & online. Schedule on  
Facebook or app.



### Fat Farmers

Clint / 0409 017 415  
Weekly on a Wednesday  
Memberships available

Aims to encourage farming  
families & other rural  
community members to  
support each other while  
getting active.

**SS  
Fit.**

EST. 2021  
SARAHANNE SHIPARD FITNESS

### SS Fit

Sarahanne / 0422 372 263  
Weekly classes

Group fitness classes,  
including MenFit (previously  
Fat Farmers). Schedule on  
Facebook.



### Yoga with Katie

Katie / 0428 340 255  
axip.app/yogawithkatie  
Weekly classes

Hatha yoga & meditation.  
Group or individual sessions.  
Bookings & video library  
available via Yoga with Katie  
app. Schedule on Facebook.

**the HH.**

### The Holistic Hygienist

Charlie / 0424515331  
theholistichygienist.com.au  
Monthly Kimba visits

Dental care & whitening  
services at the Kimba Medical  
Centre



### The Massage Room

Chantel / 0404 836 664  
chantelkassebaum@gmail.com  
By appointment

Relaxation massage for all  
ages.







I'm looking for  
**community**  
connection...

# I'm looking for community connection... volunteer group



## **Kimba AH & F Show Society**

Courtney / 0447 082 979 /  
president@kimbashow.com.au  
kimbashow.com

Coordinates the annual Kimba Show.  
Refer to Facebook for details.

---



## **Kimba & Gawler Ranges Historical Society**

Pat / 0428 272 064  
No membership required

Documents, preserves & displays the  
history of Kimba & district for others  
to enjoy.

---



## **Kimba Apex Club**

Wez / 0427 854 354 / Facebook  
Meetings are open to public / No  
membership required

Family friendly service club for 18-45  
year olds who want to help their  
community in practical ways, make  
some friends & have some fun along  
the way. Refer to Facebook for  
meeting dates.



## **Kimba Area School Community Mentoring Program**

Chloe / chloe.hanan753@schools.sa.edu.au

The mentoring program aims to bring young people  
together with caring community volunteers for  
guidance, support & encouragement. Mentors are  
provided with mentoring induction training.

---



## **Kimba Christmas Tree Committee**

Amy / 0467 004 555  
Meetings are open to public

Coordinates the annual Christmas Pageant. Meetings are  
bimonthly, refer to Facebook for dates.

---



## **Kimba Combined Probus Club**

Nita / 0437 298 407  
Meetings are open to public

Meets on the fourth Friday of each month @ 2pm, to enjoy each  
others company & listen to interesting guest speakers.

# I'm looking for community connection... volunteer group



## Kimba Community Development Group

Heather / 0428 101 416 /  
heather.baldock@bigpond.com  
Meetings are open to public /  
Membership available

Works to encourage & facilitate businesses, community, & economic growth to improve the viability & liveability of our community & its attractiveness to visitors. Meets the first Tuesday of every second month.



## Kimba Hospital Auxiliary

Helen / 0429 880 098  
Meetings are open to public

Raising money for our local health services. Refer to Facebook for dates.



## Kimba Lions Club

Bevan / 0428 272 313 /  
bevanrforbes@gmail.com  
Monthly meetings / Annual membership

Fundraising for & servicing community. Meets the first Wednesday of every month. Public welcome at the first meeting with no commitment.



## Kimba Op Shop

Katrin / 0407834925  
Open 10am - 3pm on week days

Volunteer run, money made is put back into the community or given to specific charities. Contact Fran Francis via Messenger for information on volunteering.



## Kimba Parent Group

Kim / 0406 854 590  
Open to public

Supports parents of young children, a safe space for all Mums, Dads & kids. Coffee morning fortnightly on Tuesdays between 10am & 12pm. Refer to Facebook for details.



## Kimba RSL

Graeme / 0428 274 056  
Monthly meetings

Supports people & their families who have served or are serving in the Australian Defence Force.



Royal Flying Doctor Service

## RFDS Kimba & Districts Support Group

Lisa / 0429 955 399

A support group, fundraising for the Royal Flying Doctor Service.

# How to have a conversation about emotional health...

## do...

- listen without judgement
- ask 'how can I help'
- let them know you care
- validate their feelings
- tell them you want to hear - they're not a burden
- listen with the intention to understand, not fix
- ask when you have time to listen
- be patient
- keep in touch even if you get no response
- empathise

## don't...

- interrupt or speak over
- tell them how they should feel
- jump in with solutions
- belittle their feelings
- pressure them to speak
- tell them the illness or feelings they have are a choice
- say 'you just need to...' (it's not that simple)
- diagnose them when you're not qualified
- be scared to speak about feelings
- be critical or blaming



# I'm looking for community connection... emergency services



## **Kimba Ambulance**

Muffy / 0427 292 416

[natalie.inglis@saasvolunteer.sa.gov.au](mailto:natalie.inglis@saasvolunteer.sa.gov.au)

Email or call in to training to join

The Kimba Ambulance train every Monday at 6pm.



## **Kimba CFS**

Trevor / 0414 422 217

Phone or call in to training to join

The Kimba CFS train at 6pm on the first & third Wednesday of each month. Each district has it's own CFS (Buckleboo, Kelly etc.). Please contact Headquarters in Port Lincoln for details specific to these groups - 8682 4266.



**South Australian  
State Emergency Service**

## **Kimba SES**

Jeff / 0427 602 426

Phone or call in to training to join

Training typically on the second Tuesday of every month but dependent on member's commitments. Recruitment information available from SA SES online.

# I'm looking for community connection...

## hobbies



### Friends of Kimba District Parks

Sue / 0428 324 878

John / 0447 770 601

sasangrund@gmail.com

Meetings irregular

Annual membership

Protects & enhances the natural & cultural heritage of local parks, including campground maintenance & fox baiting.



### Kimba Crochet Group

Sheri / 0435 681 473

Weekly catchups at Our Town Kimba

Sessions are held every Wednesday morning. All skill levels welcome.



### Kimba Gardeners Group

Facebook group

A Facebook group for people to share successes, failures, learnings & to inspire each other.

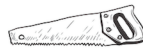


### Kimba Klackers (Kimba Photographic Society)

Julie / 0427 140 140

Monthly meetings, open to public

Meetings are held first Tuesday of the month (February to November) @ 8pm. Members share photos & skills with feedback from judges on competition photos. Workshops, activities & events during the year- refer to Facebook.



### Kimba Men's Shed

Joe / 0448 877 399

Twice weekly meetings, open to the public

Meetings are held Monday & Wednesday mornings, with a sausage sizzle held on the second Monday of every month.



### Kimba Pony Club

Kerri / 0428 272 676

Membership options available

Instruction in riding, horsemanship & equine care while having fun. Encouraging people to ride safely & enjoy equestrian sports. Follow on Facebook to stay up to date.



### Kimba Quilting Club

Weekly meetings

Meetings are open to public

Meetings are held every Wednesday from 9.40am to 4pm at the RSL. A group for anyone who quilts or wishes to learn to quilt, or to bring their own project along.

# I'm looking for community connection...

## hobbies



### Kimba Racing Club

Megan / 0428 272 337 /

kimbaracingclub@outlook.com

Membership options available

Holds a yearly race meet in March in Port Lincoln. The Kimba Cup Day is one of the biggest race days on the Eyre Peninsula. The committee meets a few times a year. AGM held in October.



### Kimba Scrappers

Chris / 0427 515 529

Memberships available

Sessions are held on the third Friday & Saturday of every month, from 9.30am to 5pm. Other days are available if interested. Public can attend one or two days, or a partial day.



### Kimba Senior Citizens Club

Jeanette / 0428 272 128

Weekly meetings

Yearly membership but can attend once for free

Meetings are held every Thursday starting at 1pm. Third Thursday of each month 12pm start for lunch. Activities for ages 55 & over.

55+



### Kimba Vintage Car Club

Merv / 0477 659 021

Membership required

Car runs are held on the third Sunday of each month, with meetings held the third Sunday of every second month. Must be nominated by a member to join.



### Simply Art

Tara / 0400 615 077 / Carmen / 0417 831 533

Fortnightly meetings

Meetings are open to public

A safe, fun space to connect, chat & share knowledge with each other while trying a variety of creative activities. Meets every second Wednesday. See Facebook page for updates.



### Sing Australia

Sally / 0427 272 598 / gregandsally@bigpond.com

Low monthly membership

Free to come and try the first month. Meetings are held every Monday at the Senior Citizens Club. An inclusive & non judgmental singing group.

# I'm looking for community connection...

## hobbies



### **The Reading Group**

Kimba Area School Library / 8627 2510  
or Katrin / 0407 834 925

Meetings are held three times during the school term at the Kimba Area School Library. A group for anyone interested in meeting over afternoon tea to discuss a wide variety of books.

---



### **Yesteryear Restoration Group**

Lyal / 0488 581 473

Restoration of older model tractors, with main activities during the year including reaping a few paddocks a year, to donate funds back to community. Can restore and use own machinery or can help others.





There are many (many)  
Facebook groups to  
connect through as  
well. Just type

**Kimba**

into your search  
function & start  
scrolling!

# I'm looking for community connection... religion

## **Kidz Klub**

Chloe / 0429 409 314

Wednesday / Three sessions a term /  
3:30 to 5:30pm

Registration essential



Children from five years old (& in  
Reception) to nine year olds held at the  
Kimba Harvest Christian Centre

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## **Kimba Harvest Christian Centre**

61 High Street

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## **Kimba Uniting Church**

29 High Street

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## **Sacred Heart Catholic Church**

45 West Terrace

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## **St John the Baptist Anglican Church**

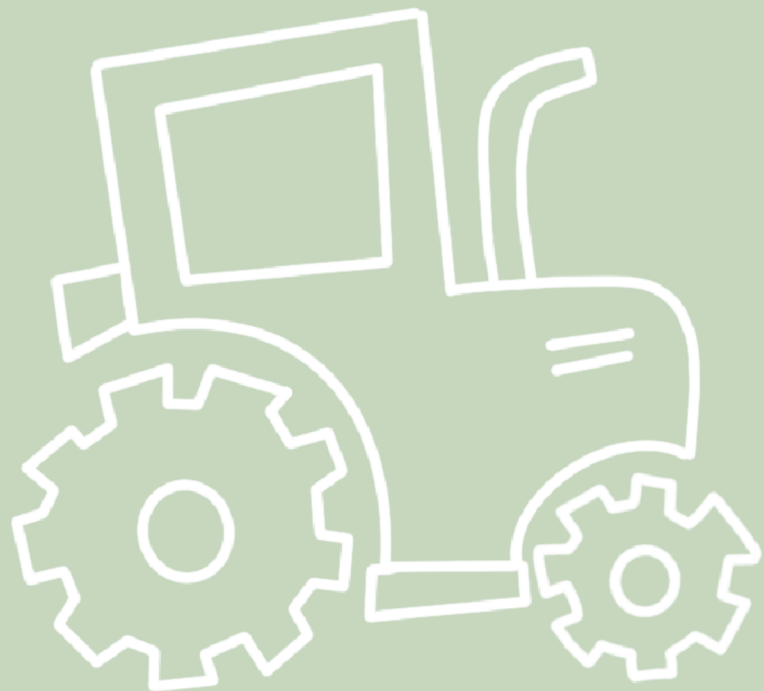
39 West Terrace

If there is an activity group you  
would like to help get started,

**please let us know...**

we can help connect or facilitate.









I'm looking for some  
**farming**  
support...

# I'm looking for some farming support....



## Are you bogged mate?

Facebook / Website

Connects rural men to resources, supporting & directing them to the right places, as well as breaking down stigma and advocating for rural men and their wellbeing.



## Buckleboo Farm Improvement Group

Fran / buckleboofig@outlook.com  
admin@bfig.com.au  
Memberships available

BFIG is a farmer driven organisation that is meeting the research, development & extension needs of the Kimba farming community.



## ifarmwell

Facebook / Website / Podcast

A online tool kit to help farmers cope effectively with life's challenges & get the most out of every day, regardless of the circumstances they face.



Australian Government  
National Emergency  
Management Agency

## National Emergency Management Agency

Justine / 0409 592 629 / justine.major@recovery.gov.au

Working with community to improve resilience & recovery from all hazards.



## Red Cross Drought Resilience

Jemma / 0417 031 518 / jgilland@redcross.org.au

Supporting the community with preparedness before, during & after an emergency with their wellbeing.



## Rural Aid

1300 327 624

In person / phone

Register through website or phone

Offers free, confidential counselling to Rural Aid registered farmers & their family. Rural Aid counsellors are professionally trained to support their clients through all kinds of life challenges & come with an understanding of the unique needs of rural people.

# I'm looking for some farming support....



## Rural Business Support

Kimba / 1800 836 211

9am - 5pm Monday to Friday

In person / phone

Rural Business Support (RBS) is a leading not-for-profit provider of agribusiness services & independent support for farmers & small business owners in rural areas who are concerned about their financial future. Our free programs & services can assist & inspire rural business people to be resilient in the face of change, risks & challenges.



**Government of South Australia**

Department of Primary Industries  
and Regions

## Department of Primary Industries and Regions SA - Family and Business (FaB) mentor service

Steve / 0458 852 268 / [pirtsa.recovery@sa.gov.au](mailto:pirtsa.recovery@sa.gov.au)

Jeanette / 0438 373 993

In person/phone

Provides support & a listening ear when things get tough. FaB mentors are independent, confidential & experienced in dealing with emergency situations. They work closely with service providers & can connect you to services, including: financial counselling / local health networks / emotional wellbeing & counselling services / government & non-government assistance / community organisations & donations.



**"If you vocalise your suffering to someone and their response is dismissive, it is usually just a reflection on their inability to provide support at that time**

**not the validity of your experience"**

**~ anonymous**





I'm looking for some  
**workplace or**  
**financial support..**

# I'm looking for some workplace or financial support....



## **Rural Business Support**

Kimba / 1800 836 211

9am - 5pm Monday to Friday

In person / phone

A leading not-for-profit provider of agribusiness services & independent support for farmers & small business owners in rural areas who are concerned about their financial future. Our free programs & services can assist & inspire rural business people to be resilient in the face of change, risks & challenges.

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**Government of South Australia**

Department of Primary Industries  
and Regions

## **Department of Primary Industries and Regions SA - Family & Business (FaB) mentor service**

Steve / 0458 852 268 / pirsarecovery@sa.gov.au

Jeanette / 0438 373 993

In person / phone

Provides support & a listening ear when things get tough. FaB mentors are independent, confidential & experienced in dealing with emergency situations. They work closely with service providers & can connect you to services, including: financial counselling / local health networks / emotional wellbeing & counselling services / government & non-government assistance / community organisations & donations.



## **Uniting Country SA**

Whyalla / 1300 067 777 /

unitingcountry@ucsa.org.au

9am - 5.30pm Monday to Friday

In person / phone

Provides support to families, single adults & children who are experiencing difficulties in their lives.

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## **Business SA**

8300 0000

8.30am - 5pm Monday to Friday

In person / phone

Provides knowledge, advice, connection & advocacy for the business community.

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Australian Government  
National Emergency  
Management Agency

## **National Emergency Management Agency**

Justine / 0409 592 629 /

justine.major@recovery.gov.au

Working with community to improve resilience & recovery from all hazards.



I'm looking for some  
**phone or online**  
support...

# I'm looking for some phone or online support...



## 1800Respect

1800 737 732 / Online chat  
24 hours / seven days a week

Phone & online counselling for people  
in domestic violence situations.

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## 13 Yarn

13 92 76 / enquiries@13yarn.org.au

A national crisis support line for mob  
who are feeling overwhelmed or having  
difficulty coping. They offer a  
confidential one-on-one yarning  
opportunity with a Lifeline-trained  
Aboriginal & Torres Strait Islander  
Crisis Supporter.

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## Beyond Blue

1300 224 636 / beyondblue.org.au  
24 hours / seven days a week

Online & email counselling, &  
moderated forums



## Bfriend

1800 615 677 / bfriend@unitingcommunities.org  
9am - 5pm / Monday to Friday

Provides free & confidential peer support, community  
connections, workplace training & volunteering opportunities.  
For members of the LGBTIQ+ community & parents, friends,  
workers, & more.

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Butterfly

## Butterfly

1800 334 673 / support@butterfly.org.au  
7.30am - 11.30pm / seven days a week

Provides support for those suffering from or concerned about  
somebody suffering from an eating disorder or body image  
issues.

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Government  
of South Australia  
Women's and Children's  
Health Network

## Child and Family Health Service Helpline

1300 364 100  
24 hours / seven days a week

Provides telephone information and support for parents and  
carers of children from birth to five years living in South  
Australia. Calls received between 7.15 am - 9.15 pm will be  
answered by local Parent Helpline staff; calls received outside  
these hours will be automatically redirected to the national  
healthdirect helpline.





# I'm looking for some phone or online support...



Government of South Australia  
SA Health

## Drug and Alcohol Services South Australia (Country Health SA)

1300 131 340

8.30am - 10pm / seven days a week

Provides a confidential telephone counselling, information & referral service for the general public, concerned family & friends, students & health professionals.

## ForWhen

### ForWhen

1300 242 322

9am - 4.30pm / Monday to Friday

Offers new & expecting parents (mums, dads, & guardians) with a caring, supportive mental health navigation service, to guide throughout the perinatal journey, from conception, up until 12 months old.

## gambling help Online

### Gambling Helpline

1800 858 858 / [griefline.org.au](http://griefline.org.au)

8am - 8pm / Monday to Friday

Provides telephone support to anyone experiencing grief, online forums & support groups to connect with an emotionally supportive community,



### Griefline

1300 845 745 / [griefline.org.au](http://griefline.org.au)

8am - 8pm / Monday to Friday

Provides telephone support to anyone experiencing grief. Online forums & support groups also available.



### Humane Clinic

0466 368 022 / [info@humaneclinic.com.au](mailto:info@humaneclinic.com.au) / [humaneclinic.com.au](http://humaneclinic.com.au)

9am - 5pm / Monday to Friday

In person / zoom / phone

Offers a non-medicalised, compassionate therapy; a safe space to unpack and feel into your experiences, and to be exactly who you are, without judgement.



### Kids Helpline

1800 551 800 / [kidshelpline.com.au](http://kidshelpline.com.au)

Australia's only free, confidential 24/7 online & phone counselling service for young people aged five to 25.



### LGBTQIA+ Alternatives to Suicide Online Group

Cummins / [info@lelan.org.au](mailto:info@lelan.org.au) / [lelan.org.au/alt2su](http://lelan.org.au/alt2su)

7pm - 8.30pm / Wednesday fortnightly

A non-clinical space where people can be honest about their experiences related to suicide without fear of forced treatment or risk assessment. Facilitated by people with experience of suicide distress, thoughts & experiences.



# I'm looking for some phone or online support...

## LGBTQIA+ Eyre Peninsula Group

sean@ourtowncummins.com.au



Facebook group for members of the LGBTQIA+ community to virtually meet with peers. Facebook groups for different ages are available – contact Sean for further details.



## Lifeline

13 11 14

24 hours / seven days a week

Provides compassionate support for people in crisis. No judgement, conditions, or agenda.



## Mensline Australia

1300 789 978

24 hours / seven days a week

Offers free professional telephone & online counselling support for men with concerns about mental health, anger management, family violence (using & experiencing), addiction, relationship, stress & wellbeing.



## New View Counselling

0456 162 969 / janet@newviewcounselling.au

8.30am - 5pm / Monday to Friday

In person / phone

Supports people through a variety of challenges. Specialises in relationship counselling / addictions counselling / gambling / trauma from identity theft & cybercrime.



## PANDA National Helpline

1300 726 306

8.30am - 7pm / Monday to Saturday

Provides a safe and confidential space for any new or expecting parent struggling with the challenges of becoming a new parent.



## Q Life

1800 184 527 / webchat - qlife.org.au

3pm - 12am / seven days a week

Provides anonymous, LGBTQIA+ peer support & referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Q Life services are for LGBTI individuals, their friends & families, & health professionals in Australia.



# I'm looking for some phone or online support...

## REACHOUT

ReachOut Australia  
au.reachout.com

<25

Provides a safe, online place for young people to chat anonymously, get support, & feel better. Online resources for parents available.

## REGIONAL ACCESS

Regional Access  
1300 032 186

15+

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



Government of South Australia  
SA Health

**Rural And Remote Mental Health Service (Country Health SA)**  
131 465  
24 hours / seven days a week

Staffed by Mental Health Clinicians & can provide advice & information in a mental health emergency & crisis situation as well as assess & refer to acute response teams.



**Sober in the Country**  
soberinthecountry.org

Offers peer to peer support for rural & remote Australians who want to cut back or quit alcohol - but cannot access services, support, or be anonymous in their tiny communities.



**Suicide Call Back Service**  
1300 659 467

15+

Offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide & people experiencing emotional or mental health issues.



The Compassionate Friends  
South Australia

**The Compassionate Friends SA**  
0456 820 133 / 1300 064 068

Provides friendship & understanding to families following the death of a son or daughter, brother or sister. Offers support in the grief & trauma which follows the death of a child.



**Yarrow Place Rape & Sexual Assault Service**  
1800 817 421 / info@yarrowplace.sa.gov.au

16+

Supports anyone who has been sexually assaulted. It is part of the Youth Women's Safety & Wellbeing Division of the Women's & Children's Health Network. Free & confidential service for people aged 16 years & over at the time of the assault.



I want some help for  
**supporters...**

# I'm looking for some help for supporters...



## **Carers SA**

1800 422 737 / [info@carerssa.com.au](mailto:info@carerssa.com.au)

Support for people caring for someone who has a disability, mental illness, chronic condition, terminal illness, drug or alcohol issue, or who is frail. They can also connect people to services to support in caring roles.

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## **Carers SA - Young Carers**

1800 422 737 /

[kate.coleman@carerssa.com.au](mailto:kate.coleman@carerssa.com.au)

Free support for young carers under 26 who may find themselves caring for someone who has an illness, a disability, a mental health issue, are frail aged or who has an alcohol or other drug problem.



## **Catalyst Foundation**

SA Country Callers / 1800 636 368  
[catalystfoundation.com.au](http://catalystfoundation.com.au)

Catalyst Foundation is a not-for-profit organisation that provides free & independent information to all South Australians in the areas of Ageing, Disability, Lifestyle, Employment, Business & Learning.

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## **The Carers Club**

Emma / [hello@thecarersclub.com.au](mailto:hello@thecarersclub.com.au)  
In person / online

Care for the Carer - all carers, bereaved carers & friends of carers welcome. Online & in person circles, Facebook private group community, one on one support.

**Haven't found what you're looking for?  
Ask the Our Town Kimba team or visit:**

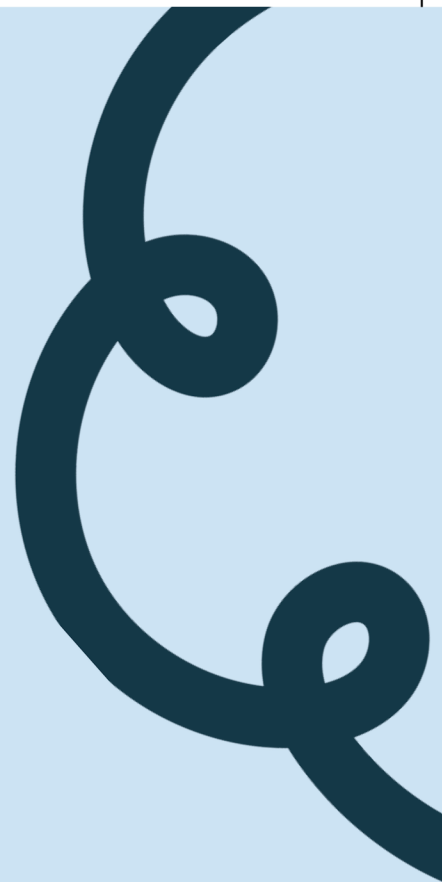
## **The Country SA Regional Services Directory**

[uppereyre.servicesdirectory.org.au](http://uppereyre.servicesdirectory.org.au)

## **The Healthdirect National Database**

[about.healthdirect.gov.au/nhsd](http://about.healthdirect.gov.au/nhsd)

**If you have experienced something that you can't find help for in this guide, please reach out! If you have any difficulties accessing help from a service listed here, please let us know so we can help you or advocate for the future**





I want to collect  
**my thoughts...**

# I want some methods to try to handle this myself...



Spend time with friends and family you trust



Know that a moment will pass



Eat well, and avoid depressants like alcohol



Remind yourself of times you were happy, and really feel what it was like when you were in that moment



Feel and acknowledge your emotions - they are there for a reason



Journal. Free write, write down your feelings and thoughts, or list things you are grateful for



Breathe in for four seconds through nose. Hold for four seconds. Breathe out for four seconds through mouth. Hold for four seconds



Move your body; go for a walk or get some exercise. Listen to uplifting music. Watch comedy



Ask yourself: what are four colours I can see?  
Four sounds I can hear?  
Four things I can feel?  
This can break the state you are in & switch your focus





Brainstorm your  
circle of support



# My friend has just come to me saying they're not ok...

## How to respond in the moment

You don't need to know what to do or say,

just being there and holding space for them can be enough

Take what they say seriously and try not to interrupt or rush the conversation

Show that you have listened by repeating what you've heard and asking if you've understood correctly

Don't judge their experiences or reactions but acknowledge that things seem tough for them

Validate their situation; it's ok not to be ok

## How to make it comfortable...

Go for a walk and talk; being side by side can be less confronting

Chat over an activity or a cuppa, something that distracts your hands (conscious mind)

Be vulnerable yourself

## Following up and checking back in...

After someone has been able to get their story out, ask them where they want to go from there. Just listening may have been enough

If you are not in a position to support them, that is ok too. You can let them know that you are unsure what to do but you can help them find someone who is able to help them

Make time to check back in with them...

If you need support to support someone, or for yourself as the supporter, reach out to us at Our Town



You seem a bit stressed,  
are you ok? I'm here to  
talk if you need

How is everything going,  
what have you been up  
to, do you want to hang  
out for a bit?

Hey, I just want to let  
you know I'm here if you want  
to talk about anything



It's a very  
stressful time at  
the moment...  
How are you doing?

# The way I ask 'are you ok' is...

So what's  
going on lately?

I've noticed you're  
not as bubbly as you  
usually are...  
Is everything ok?

Hey, have been  
thinking about you the  
last couple of weeks.  
How're you doing?



Hey, I know things  
are really tough at the  
moment. I just wanted  
to check in on you

How are you  
feeling today?

Hey, how was your day?  
Do you want to talk  
about anything





## **Making a plan...**

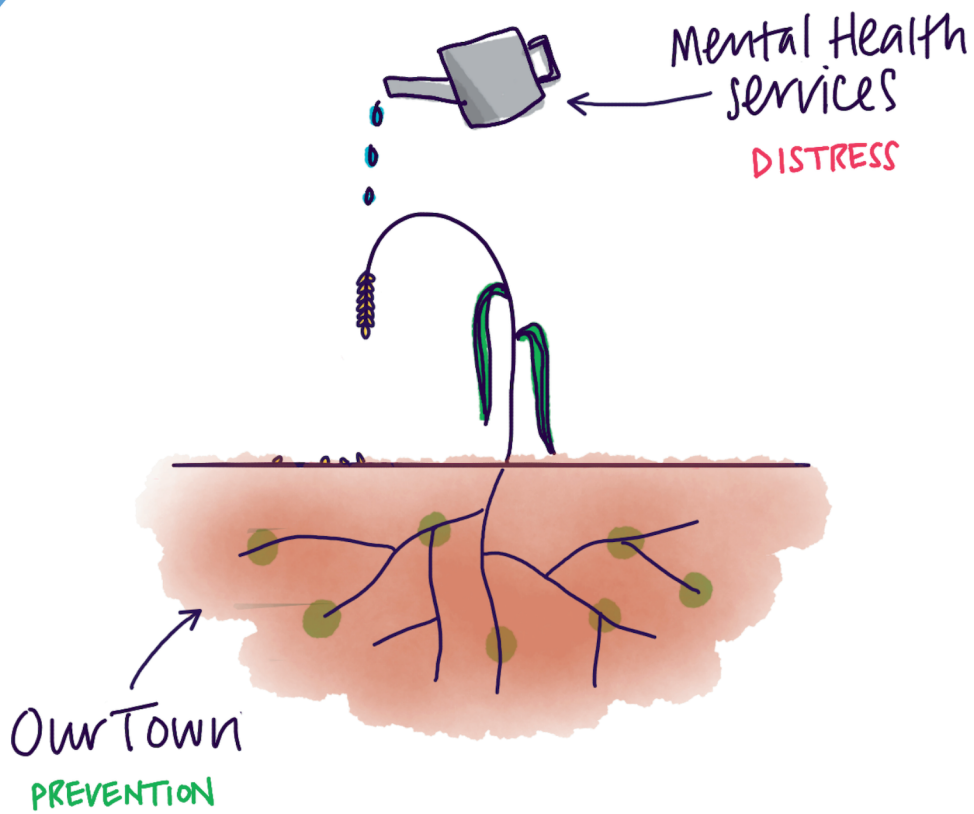
**If you are worried about your wellbeing, you and your GP can create a plan to help. This is called a mental health treatment plan.**

**Your mental health treatment plan will have goals agreed by you and your doctor. It'll also have:**

- **treatment options**
- **support services available.**

**A mental health treatment plan lets you claim a certain number of sessions with a mental health professional each calendar year.**

**To start with, your doctor or psychiatrist will refer you for up to six sessions at a time. If you need more, they can refer you for further sessions. Health professionals set their own fees, so it may only cover some of the cost.**



# What is Our Town...



You know how mental health services support people in distress and crisis?



Well, what Our Town does is look at mental health from a different angle – community led prevention.



In fact, we create spaces for you to come up with and lead projects that support everyone's wellbeing.



We connect people to build on what we already have, to create an inclusive community culture that values and supports everyone.



We want whatever you have to give and can support you to discover or build up your strengths and skills. Our Town is for everyone.



If you're keen to hear more or get involved, drop in to 47 High Street for a chat, or get in contact on 0499 272 024 or [hello@ourtownkimba.com.au](mailto:hello@ourtownkimba.com.au)



**Our  
Town**

KIMBA