

Counselling Services and some crisis intervention information

as at April 2003

Crisis Care: After hours emergency crisis Monday to Friday 4 pm to 9 am Weekends and Public holidays 24 hour service	131 611
Police Emergency	000 or 11 444
Life Line 24 hour service telephone counselling	131 114
Domestic Violence: 24 hour help line This number also gives information about help for men who wish to stop being abusive. 9am to 10pm then transfers to DVCS	1800 800 098
Domestic Violence Crisis Service Crisis telephone counselling and assistance in domestic violence issues. Access point for the women's domestic violence shelter in Adelaide. Office hours 9am to 5pm Monday to Friday After hours or on weekends ph: Crisis Care on 131 611	8223 2200
Western Domestic Violence Service Monday to Friday 9am to 5 pm – phone and person counselling 12 – 5pm Tuesday referrals and accommodation	8268 7700

Crisis Accommodation:

If you need accommodation because of domestic violence you can get on the waiting list for a woman's shelter through calling:

Domestic Violence Crisis Service, Monday – Friday 8am – 5pm	8223 2200
Crisis Care After hours and all weekend	131 611
Migrant Women's Support and Accommodation Service Referrals, phone counselling, assistance finding accommodation, housing up to 3 months	8346 9417
Trace-A-Place (for those under 25 years of age)	8211 8466 8212 7799

If it is unsafe for you to wait at home or with friends or family until a shelter vacancy comes up, the Domestic Violence Crisis Service and Crisis Care will try to arrange safe accommodation in a motel or caravan park for you. You will need to speak with them personally to give them permission to ask Housing Trust for funds to pay for the motel.

If you need accommodation for other reasons you can try the following:

Catherine House Single women (over 21 years), no children	8232 2282
Mission Australia – The Parks (formerly Harmony Haven) People with children:	8347 0483

St Josephs Family Shelter (Mitchell Park)	8277 7558
House families and single parents with children	
Lutheran Family Shelter (College Park)	8362 1800

Aboriginal Hostels

Nindee	Singles or couples, no families Up front charge unless referred No wheel chair access	8332 2352
Luprina	People from out of town when coming to see a doctor	8269 5254
Allan Bell	Women only, not allowed to be under influence of D/A	8443 8524
Olga Fudge	Young women 15-18 without child Young women 18-25 with female child only	8357 7673

Medium term housing options (waiting list usually over a month, up to a year)

Women's Housing Association	8349 4460
Provide housing for women, with or without children, affected by domestic violence	
Bowden Brompton Housing	8346 3220
Homeless, low income family housing	
Salvation Army	8379 9388
(this is a referral service, Monday to Friday 8.30 to 4.30pm)	
Non crisis families, single men (over 18)	
Women & children (excepting DV)	
Aboriginal Housing Unit	8235 4333
Same as Housing Trust but for Aboriginal people	
White people can get bond and rent assistance	

Assistance for women in DV situations by local women in the community

WOWSafe:	8243 5611
Contact ACCHS - Parks	

Mental Health Services

Assessment and crisis intervention service (ASCIS) Western	131 465
Fee Free	
Over phone information for 18-65	
8am - 10.30 pm referrals	
Mental health services for older people	8282 0400
Fee Free	
Over 65 - any mental health issue	
Rape & Sexual Assault Service (over 16)	
Yarrow Place Office hours	8226 8777
After hours	8226 8787
Free call	1800 817 421
Counselling, support, medical after hours @ WCH	
Fee Free	
Women's Health Statewide	8239 9600
Free call rural areas 9am - 5pm Monday - Friday	1300 882 880
Counselling Service, Counselling Health line referral	
64 Pennington terrace, North Adelaide	
Gay & lesbian counselling service	8362 3223
Telephone counselling 7pm - 10pm every day	
2pm - 5pm Saturday and Sunday	
Fee Free	
Drug & Alcohol Information Service	1300 131 340
Referrals, rehab, counselling and information 24 hours all ages	
Spark Resource Centre	8226 2500
General support and services for single parents and their children, free clothing, baby bundles, food parcels and baby accessories. February & August Finance	
Tough Love Program & Support	1300 365 494
Support group for parents feeling overwhelmed and/or in despair about their teenagers or adolescents	
Fee Free	
Vietnam Veterans Counselling Service	8290 0300
99 Frome Street, Adelaide	
Aus defence force people with mental health issues	
Veterans and their immediate family	
Fee free	1800 011 046
Adelaide Central Mission Counselling Service	8202 5111
10 Pitt Street, Adelaide	
waiting list	
all ages	
fee: sliding scale depending on income, approx \$5 if income below \$22,000 pa	
Anglicare Loss & Grief Centre	8342 4005
Joint venture between Anglicare & Flinders University, focusing on all experiences of grief.	
26 Daphne Street, Prospect	
fee negotiable	

Relationships Australia	8223 4566
55 Hutt Street, Adelaide	
Fee: \$60 or \$25 concession during office hours. After hours prices increase to \$80 per session - not open on Saturdays	
Port Adelaide Central Mission	8241 0211
36 Dale Street, Port Adelaide	
9am - 5pm each day	
fee free	
Port Adelaide Family Centre	8440 2290
58 Dale Street, Port Adelaide	
Monday, Tuesday, Thursday & Friday 9am - 4pm	
Wednesday 9am - 12noon	
Food vouchers, clothing, counselling	
Nunkuwarnin Yunti	8223 5011
Aboriginal Counselling Services	
182 - 190 Wakefield Street, Adelaide	
DV, loss, grief, relationships	
Fee free	
Centacare Counselling Service	8210 8200
33 Wakefield Street, Adelaide	
Marriage, personal & children (4-13 yr old) counselling	
fee: sliding scale from \$50, concession rates of \$20-\$60	
Victim Support Service	8231 5626
11 Halifax Street, Adelaide	
Fee Free	
Wesley Uniting	8346 4346
77 Gibson St, Bowden	
Financial, D & A addictions & gambling counselling - all ages	
Fee Free	
STTARS (Survivors of torture and trauma, must be refugees & migrants)	8346 5433
12 Hawker Street, Bowden	
all ages, waiting list, phone for appointments	
Fee Free	
SOTAP (sexual offenders treatment and assessment program)	8362 3022
Coach House, 64 Fullarton Road	
Adults offending children, refer themselves or mandated	
Beaufort Clinic (North Western Adelaide Mental Health Service)	8406 0070
96 Woodville Road, Woodville	
8222 8950	
Counselling in panic attacks, anxiety, fear issues, obsessive compulsive disorders - must live in western areas	
Fee Free	
SHine (formerly Family Planning)	8364 5033
Sexual Health Information Network & Education	
17 Phillips Street, Kensington	
One off payment \$10 or \$5 concession	
Counselling focus on sexual health and survivors of child sexual abuse and assault for both men & women	

Counselling Services for Young People

The Second Story Youth Health Service	8232 0233
57 Hyde Street, Adelaide (between flinders & Pirie Streets)	
young people up to 25	
short term referral approx 6 sessions	
fee free	
Street Link Youth Health Service	8231 4844
28 Peel Street, Adelaide	
12-24 year olds and their children who access the city	
fee free	
Mary Street - Adolescent Sexual Offenders Project - not victims	8340 4422
1 Mary Street, Hindmarsh	
fee free	
Parks Community Youth	8243 5677
Cowan Street, Angle Park	
Fee Free	
Street Level West	8244 4700
Cnr Torrens Road and David Terrace, Kilkenny	
10-25 year olds, plus range of projects relating to young people looking for work or from culturally diverse backgrounds	
Fee Free	

Urgent Accommodation - Young People

Trace A Place	8211 8466
80 Currie Street, Adelaide	
9am - 5pm, Monday to Friday - only for young people	
Crisis Care	131 611
After hours and on weekends	
Port Youth Accommodation (18 - 25 year olds)	8341 2099
Cnr Port Road & Glebe Streets, Alberton	
Duty worker can talk about your options over the phone from 1pm - 5 pm	
Emergency Bond Assistance - SA Housing Trust	
Parks Community Centre, Trafford Street, Angle Park	8348 0400
296 St Vincent Street, Port Adelaide	8347 5200

Private Counsellors & Therapists

Iain Lupton Family Therapist 240 Grote Street, Adelaide Fee: unemployed \$40 per hour, employed \$60 per hour	8212 2877
Dulwich Centre 345 Carrington Street, Adelaide Current counsellors: Michael White, Susan Howard, Shona Russell Fees begin at \$80 per hour, but may be able to negotiate with individual counsellors. No rebates available	8223 3966
NADA 1 Mary Street, Hindmarsh Range of counsellors from different counselling backgrounds. Fees begin at \$65 and vary between counsellors, some concession rates may be negotiable	83470 2240
Dr Marie Tudor 11 Avenue Road, Frewville Tuesdays to Fridays 9.30am - 2pm Fee: has Medicare rebate concessions	8338 5657

Psychologists

Sue Hetzel 240 Grote Street, Adelaide Fee: \$40 - \$90 per hour - dependent on income and health care card	8212 2877
Natalie Worth 30 Kensington Road, Rose Park Thursday afternoons and Saturday mornings Fees negotiable	8431 3749 8388 6707
Alison Newton, Alan Jenkins, Jane Tiggerman, Greg Smith & Wendy Finster NADA 1 Mary Street, Hindmarsh . Fees begin at \$65 and vary between counsellors, some concession rates may be negotiable	8340 2240
Joy Allen 33 Eleventh Ave, Joslin	8362 2029
Ann Williams 6 Todd Street, Port Adelaide	8440 2446
Marta Lahyn 296 Payneham Road, Payneham	8363 2626
Loula Tsitsis Adelaide Child & Adult Psychology Services 83 Currie Street, Adelaide	8410 4200

Psychiatrists (most will bulk bill on Medicare)

Dr Helen Marmanidids 8239 2266

77 King William Road, North Adelaide

Dr Stephen Ward 8340 0822

529 Port Road, West Croydon

Fees \$21.25 max

Dr Janina Gipsils & Dr Ann Sved-Williams 8267 6533

210 Melbourne Street, North Adelaide

Dr Vance Tottman 8267 3788

288 Melbourne Street, North Adelaide

Dr Robert Wadsworth 8272 4197

63 Cheltenham Street, Malvern

Member of Australian & International societies of Hypnosis