

## Tenant Support Services

- **Cleaning and Cooking**

Domiciliary Care, ECH, ACH

<https://www.sa.gov.au/topics/care-and-support/in-home-care/domiciliary-care>

1800 200 422

- **Disability SA**

<http://www.dcsi.sa.gov.au/services/disability-sa> | 08 8415 4250

- **Domestic Violence**

<https://www.1800respect.org.au/service-support/south-australian-domestic-family-violence-and-sexual-assault-services/> | 1800 800 098

- **Energy Saving**

Priority Group

<http://www.prioritygroup.com.au> | 1300 894 745

- **Financial Assistance and counselling**

Uniting Care Wesley, Anglicare

[UCWCSA.org.au](http://UCWCSA.org.au) | 08 8633 8600 [anglicaresa.com.au](http://anglicaresa.com.au) | 8305 9200

Wyatt Trust

<http://wyatt.org.au> | 08 8224 0074

Your Local Council for Concessions

- **Food Service**

Anglicare SA

<https://anglicaresa.com.au/emergency-food-assistance-expanded-in-adelaides-north/> |  
08 8305 9200

Fred's Food Van

[https://www.vinnies.org.au/page/Get Involved/Become a volunteer/SA/Freds Van/](https://www.vinnies.org.au/page/Get%20Involved/Become%20a%20volunteer/SA/Freds%20Van/)  
<https://www.vinnies.org.au/content/Document/SA/Fred's%20Van%20Timetable%20Jan%20202017.pdf> | 08 8112 8720

Hutt St Centre

<https://www.huttstcentre.org.au> | 08 8418 2500

Anglicare and Salvation Army

<https://anglicaresa.com.au> | 08 8305 9200

<http://www.salvationarmy.org.au/sa> | 08 8231 9779

- **Furniture**  
Salvation Army & Vinnies  
<http://www.salvationarmy.org.au/sa> | 08 8231 9779  
<https://www.vinnies.org.au> | 08 8112 8700
  
- **Furniture Removal**  
Mr. Nice Guys  
0458 514 447
  
- **Gardening and Clean up**  
Mr. Nice Guys  
0458 514 447
  
- **Inner and Outer Southern homelessness service.**  
[http://sacommunity.org/org/201963-Outer\\_Southern\\_Homelessness\\_Service](http://sacommunity.org/org/201963-Outer_Southern_Homelessness_Service) | 08 8326 4688
  
- **Legal**  
Legal Aid for free legal advice  
<http://www.lsc.sa.gov.au> | 1300 366 424
  
- **Mental Health**  
Uniting care Wesley and Headspace mental health  
<https://www.ucwb.org.au> | 08 8245 7100  
<https://headspace.org.au> | 03 9027 0100 | 13 11 14 (Lifeline) | 1800 55 1800 (Kids Helpline)
  
- Mental Health Triage  
13 14 65
  
- Reach Out - Life line & Kids Help Line  
<http://au.reachout.com> | 13 11 14 (Lifeline) 1800 55 1800 (Kids Helpline)
  
- Drug & Alcohol Services ???  
<http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Health+services/Drug+and+alcohol+services/>  
1300 13 1340
  
- **Sexual Assault support counselling**  
<http://www.sexualassaultcounselling.org.au> | 1800 211 028