

KI Bushfire Recovery

Wellbeing Services – Version 2

Emergency Mental Health Advice -

Rural and Remote Emergency

Mental Health Triage - 13 14 65

If you or your loved ones feel you are at risk due to mental health issues. This is the only emergency Mental Health telephone advice service in Rural South Australia.

Regional Access – 1300 032 186

24/7 Phone Counselling (Not Emerg)

A telephone counselling service for people in Rural Settings, particularly those impacted by Bushfires..

Lifeline Bushfire Recovery – 13 43 57

24/7 Telephone Counselling Support

Kangaroo Island Medical Clinic

Local Doctors / Practice Nurses – **8553 2037**

Kangaroo Island Mental Health

Services – 8553 4231 (ask for

mentahealth duty worker). Local staff providing clinical support to individuals experiencing a range of mental health issues including emotional distress, unsafe thoughts or having difficulty coping with their circumstances. This service can directly refer to psychiatry services if required.

Summit Health Counselling Service -

8406 7715. Local Mental Health

Occupational Therapist, **Amanda Brooks** and Clinical Psychologist, **Joh Henley** - Appointments can be booked directly at the Recovery Centre or by above number. Priority Appointments for Bushfire Affected People can be provided. No **GP Mental Health Care Plan** required for Bush Fire Impacted People

Tamsin Wendt – Clinical

Psychologist – 0419 990 940.

By phone or online consults. Referral through GP - bulk billing available, specialising in Anxiety, Depression and Trauma.

PsychMed - 7082 3624 - Trent Ames

By phone or online consults - PsychMed provide psychological evidence based treatment programs to individuals, families and businesses.

CAMHS – Child & Adolescent Mental

Health Service – 1300 222 647

By phone or online consults - for children and young people up to 16 years old – for moderate to severe or complex emotional, behavioural or mental health difficulties. CAMHS staff visit KI regularly.

CaFHS – Child and Family Health

Service – 1300 733 606 or 0402 793

660 (Evie) Local service - CaFHS offers support with feeding, settling, sleeping, health and development checks, being a parent, understanding your child's needs, your emotion wellbeing, parenting groups and child safety.

Parenting KI – Kate Murray -

0428825906 or 8553 2436

Parenting KI offers early intervention and prevention services and resources that are aimed at improving children's development and wellbeing and supporting the capacity of those in a parenting role. Parenting KI also provides a home visiting service to families who are isolated or unable to access other sessions or services. Families and service providers are able to access the many resources, toys and equipment that Parenting KI has available to borrow.

Kids Helpline – 1800 55 1800

Telephone counselling support

Open Arms – Veterans & Families

Counselling – 1800 011 046

Free - Paul Senior is visiting KI fortnightly. This service was founded by Vietnam Veterans for all veterans and their families - will be visiting Kangaroo Island weekly

Beyond Blue – 1300 224 636

Telephone counselling support

Headspace KI – 8391 0123

A telehealth counselling service to KI Young people aged 12 - 25. Referrals can be made by calling the Victor Harbor office Mon-Thurs 9.5.

eHeadspace (Youth Mental Health Service) – 1800 650 890

A nationally accessible youth service that provides support to people aged 12-25. Offered Online or via phone. Can also provide useful information to friends, carers or families of 12-25 year olds. www.headspace.org.au/eheadspace

Kangaroo Island Community Centre – 8553 2809

The Kangaroo Island Community Centre (KICC) is located in Kingscote and is a collaborative hub that enables Junction to work with individuals, groups, communities and government agencies to develop and deliver a diverse range of supportive services on Kangaroo Island. These services support individuals and families to thrive within their local communities.

KICC provides a base for both local resident and visiting services to the island, including:

- **Drug ARM – Drug & Alcohol Awareness, Rehabilitation and Management (SACPHN) Ph: 7099 7291**
- **Kangaroo Island Domestic Violence Service (Junction). Ph 8553 2877**
- **Kangaroo Island Homelessness Support Service (Junction)**
- **Partners in Recovery (Junction)**
- **Community Development Officer (Junction)**
- **Emergency Relief Program (Junction)**
- **Adult Community Education (Junction)**
- **Community Rehabilitation and Support (NEAMI National)**
- **Parents Support (MyTime)**
- **Financial Counsellor (Uniting Communities)**
- **Gambling Counselling (Relationships Australia)**
- **Legal Services (Southern Community Justice Centre)**
- **Department of Correctional Services**

In response to the recent fires there is also now available:

- **Salvation Army – financial counselling and general support, assistance with grants**
- **St Vincent DePaul Society – assistance to access grants**

Uniting Communities Family Mental Health Support Service– 0-18 yrs – 8202 5200

- By phone or online consults - work with families and children where young people are struggling with emerging mental health concerns – early intervention & prevention service. Will resume KI visits when able.

Uniting Communities – Family Relationship Centre – 8202 5200 -

Mediation service. By phone - Includes a team of Family Advisors able to offer counselling to parents/split co-parents to support the needs of children.

Uniting Communities - Adult & Family Counselling - 8202 5190

By phone - Working with families facing a broad range of concerns in their lives and relationships. They offer inclusive, respectful and confidential counselling services for adults, couples, children and young people facing a broad range of concerns in their lives and relationships. People from diverse family and cultural backgrounds, sexualities, gender identities and ages are welcome. Interpreter services avail. Can phone or email counselling@unitingcommunities.org

Safer Family Services - based on KI. Provides help and support for children and families at risk of harm, neglect and family violence, by intervening to disrupt the patterns of intergenerational trauma, and increase the number of children able to be cared for safely in their homes. Social Workers Donna Broadhurst, Ph 0437 076 792, Donna.broadhurst2@sa.gov.au and Teagan Druce, Ph 0418 149 667

Tegan.druce3@sa.gov.au

Kangaroo Island Community Health Services – 8553 4231

Community Nursing, Dietician, Social Worker, Diabetes Educator, Occupational Therapist, Podiatry, Child Health & Development Team, Meals-on-Wheels, Home & Community Care

Drug and/or Alcohol Issue

DRUG ARM

Ph: 7099 7291

**Counselling or Wellbeing Concern
CHILDREN & YOUNG PEOPLE UP TO 25YRS**

Emergency: Ph: 000 or 13 14 65 (16+)

Child Abuse Report Line Ph: 131 478

Non-emergency: KI Medical Clinic: 8553 2037

Kids Helpline—1800 55 1800

SAFER FAMILY SERVICES
Help and support for children and families at risk of harm, neglect and family violence . Support to keep children safely in their own homes.

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ALL AGES....

General Psychological Therapies and Counselling, Bushfire and trauma related referrals, Grief & Loss, PTSD

SUMMIT HEALTH

Rax: 84067760 or
Ph: 8406 7715

Headspace KI
12-25 yrs.
Therapeutic support and counselling
Ph: 8391 0123

0 to 5 yrs ...
Support with feeding, settling, sleeping, health and development checks, parenting , wellbeing and child safety

CAFHS - Child & Family Health Service
1300 733 606 or
0402 793 660 (Evie)

Child or young person struggling with emerging mental health concerns – early intervention & prevention .
UNITING COMMUNITIES
Ph: 8202 5200

Over 16 yrs only.....

Moderate to Severe or Enduring Mental Health Concern, Rapid Response, General Psychological Therapy & link to Psychiatry
KI MENTAL HEALTH TEAM
Phone 8553 4231 and ask for duty worker . Fax 8553 4277

Up to 16 yrs...
Moderate to severe or complex emotional, behavioural or mental health difficulties.

CAMHS - Child, Adolescent Mental Health Service
Ph: 1300 222 647 or 8326 1234
Fax: 8326 3340
Can also link to Psychiatry if required

PARENTING KI—Kate Murray
Service to aid children's development and wellbeing ,support those in a parenting role. Playgroups, parenting information and home visiting services.
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Additional Psychological Services

Tamsin Wendt
Clinical Psychologist
0419 990 940

Joh Henley
Clinical Psychologist
8553 0000
85530000

PSYCH MED
Ph: 7082 3624
Fax: 7444 4270
Trent Ames

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