

Need Help



Food Assistance:

- Salvo's call 85311133 Tue, Wed or Thurs (3 Fourth Street).
- Salvo's Café Connect (meal)—1st & 3rd Thursday at 5pm.
- AC-Care call 85314900 Tues or Thurs (29 Bridge Street).
- Teen Challenge call 85312851 Mon, Tues. Thurs & Fri (Marchand St).
- Vinnes call 1300729202 Monday to Friday.
- Foodbank Voucher call AC-Care, Salvo's or Vinnies (numbers above).
- Community Centre call in Mon to Friday (18 Beatty Tce).
- ADRA Community Pantry Wed 12.30 to 3pm—Cnr Standen St & Myall Ave
- The Hub (Food & Snack) Friday am / call in (63 Darling Ave).

Clothing / Household item:

- Salvo's call 85311133 Tue, Wed or Thurs. (3 Fourth Street).
- Vinnes call 1300729202 Monday to Friday.

Housing / Rental:

- AC-Care—Homeless Gateway call 85314900 (29 Bridge Street).
- TIAS—Tenants' Information & Advisory Service 1800060462.

Boarding Houses / Rooms to Rent:

- 1st Real Estate—Martine 0409 091 144.
- Murray Bridge Central Olympic Motel & Cottages call 1800088322.

Domestic Violence Assistance:

- Centacare call 8531888 to book appointment.
- DVINA call 0885134131 Monday to Saturday, 1 Standen Street.
- Zahra Foundation call 83521889.
- Women's Domestic Violence Court Assistance Scheme call 1800 842 846.
- Crisis Care Helpline (DCP) call 131611.

Friendly & Confidential Chat:

- Salvo's call 85311133 Tue, Wed or Thurs. (3 Fourth Street).
- Friendline call 70786229 10am to 8pm 7 days a week.

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Financial Counselling:

- Salvo's call 85311133 Tue, Wed or Thurs (3 Fourth Street).
- National Debt Line call 1800 007 007.
- AC-Care call 0885314900 Tues or Thurs (29 Bridge Street).
- Uniting Communities Consumer Credit Law Centre call 0883421800.

Mental Health:

- Emergency Mental Health Triage—Rural & Remote call 131465.
- Talk to your doctor.
- Life Line call 131114.
- Women's Information Service call 1800188158.
- Mensline call 1300789987.

Utilities issues:

- Connect Ed—United Communities call 1800615677.
- SA Government Concession Helpline call 1800307758.
- Energy & Water Ombudsman SA call 1800665565.

Phone issues:

- Salvo's call 85311133 Tue, Wed or Thurs (3 Fourth Street).
- National Debt Line call 1800 007 007.

Glasses assistance:

- OneSight Vision Voucher call Salvo's 85311133, Tues, Wed or Thurs.
- Glasses SA / SA Gov Concession call 1300762577 business hours.

Centrelink issues:

- Centrelink Debt—1800076072 Jobseeker—132850.
- Family Payments—136150 Seniors—132300.
- Aboriginal or Torres Strait Islanders—1800 136 380.
- Youth / Students—132490.
- Social worker call above number and ask to speak to a Social Worker.
- Disability Right Advocacy Service—for DSP issues call 81221717.

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