



Fleurieu Families



Mental Health & Wellbeing during the Coronavirus COVID-19 outbreak

AUTUMN 2020

Inside this issue:

The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

We would like to reassure Australians that the Lifeline telephone, text and webchat services will continue as normal throughout the COVID-19 crisis. To contact Lifeline: 13 11 14

TIPS FOR MAINTAINING YOUR MENTAL HEALTH AND WELL BEING

Media coverage: find a healthy balance and limit news and social media if you and your family find it too distressing.

Actively manage your wellbeing by maintaining routines where possible, staying physically active, eating nutritious foods and seeking additional support by contacting professional support as required.

Stay connected and/or seek support. Keep in touch with your family, friends and colleagues by phone, video call, social media or email.

Social connectedness can offset the negative mental health impacts of the pandemic. If someone you know is isolated you can check on them regularly. Do not underestimate the power you have to offer hope to another person. Get creative with how you interact, for example you can set dates and times to watch the same TV shows/movies with someone and message each other your thoughts along the way... kind of like Goggle Box but you're not sharing the couch!

So, in summary, if you're feeling anxious or stressed:

Maintain perspective (this is temporary)

- Take practical steps to protect yourself and your community
- Stay connected and seek support
- Access good quality information from credible sources, EG <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+topics+a+-+z/covid+2019/community/information+for+the+community+-+covid-19>

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FLEURIEU WEBSITES & FACEBOOK PAGE

Visit the City of Victor Harbor website www.victor.sa.gov.au or the Alexandrina Council website www.alexandrina.sa.gov.au and go on to Community Services Family & Children Services to download our Parenting Calendar, Newsletter or any other information relating to what we do. Don't forget to encourage your clients to join the Fleurieu Families Facebook page for up to date information on what is available in the region for parents and children.



WHAT DO WE DO?

- * Provide parenting information in the form of groups, courses and information packages on many aspects of parenting (e.g. 'Living With a Baby', 'Know Where To Go' Packs)
- * Work with parents and community to create new resources, projects and services to families. (e.g. Support Groups, Focus Groups)
- * Connect parents and caregivers to services, information and community resources e.g. Parenting Calendars, Community Service Directories)
- * Explore ways to provide family friendly environments where families can connect to each other and become more involved in their communities, such as:
 - ⇒ Activities, fun days, parenting courses and opportunities for parents to get together
- * Raise awareness of the importance of the early years of a child's development
- * Create and maintain partnerships with child, family and adult focused services
- * Early Intervention Home Visiting Program
 - Assisting families to set goals and connect with their community
 - A confidential person to talk to, to help get things in perspective
 - Information about support and services in the local area

FLEURIEU FAMILIES TEAM ARE TRAINED IN PROVIDING THESE WORKSHOPS FREE OF CHARGE:

'BRINGING UP GREAT KIDS'

This 12 hour program uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of childrens positive self-identity. It aims to identify and address the sources of unhelpful or hurtful attitudes held by parents.

3 CHOICES (1-2-3 MAGIC) BEHAVIOUR MANAGEMENT

A three session program to help parents manage childrens difficult behaviour, by sorting behaviour, counting and using consequences.

NET NEGOTIATIONS

Helping navigate cyber safety issues with teenagers.

CHILD SAFE ENVIRONMENTS

A workshop for all those working with children (paid or volunteers) that are now mandatory reporters by legal definition. We look at the legislation underpinning this and what the indicators of child abuse are. We take you through some case scenarios and provide you with a guide on how to make a report to the Child Abuse Report Line.

THE GARDEN

The Garden is a therapeutic program aimed at strengthening and repairing the relationship between parents and their child through sensory exploration and shared positive experiences.

MONEY MINDED

MoneyMinded is Australia's most widely used financial education program that aims to help people build their financial skills, knowledge and confidence.

The program consists of eight topics: Planning and Budgeting, getting started, understanding paperwork, credit providers, dealing with debt, rights and responsibilities, planning for the future, a roof over your head.

- **We also run groups in schools for young girls on 'Friends, body image, relationships, self esteem' etc.**



Kerry Pomery

8551 0553

kpomery@victor.sa.gov.au



Amelia Graham

8551 0542

agraham@victor.sa.gov.au



Renee Totty

8551 0543

rtotty@victor.sa.gov.au



Victor Harbor

10 Crozier Road, Victor Harbor, SA 5211

PO Box 1394, Victor Harbor SA 5211

Phone (08) 8391 0123

E: victorharbor@mmgpn.org.au W: headspace.org.au/victorharbor

Monday to Thursday 9:00am to 5:00pm

headspace can help with:

General health · Mental health and counselling

Education and employment · Alcohol and other drugs

Relationships and family work · Sexual health

Join the **headspace** Youth Reference Group (YRG) &/or LGBT & Youth Support Group
Access [ehespace](https://headspace.org.au), an online & telephone service for young people who can not access
a centre or uncomfortable with face to face support, register on ehespace.org.au

COVID-19 EMERGENCY HOUSING

Motel rooms are now available to enable people sleeping rough to have the same physical distance and hygiene strategies as other South Australians.

In an effort to prevent COVID-19 infection, SA Housing Authority (SAHA) has provided emergency accommodation for rough sleepers.

The [Street to Home service](#) is coordinating the rough sleeper response in conjunction with SAHA, Baptist Care and Hutt Street Centre.

We are seeking your support to identify and accommodate as many people who are sleeping rough as possible to advise them of the availability.

The [Process for COVID-19 Emergency Accommodation](#) information sheet will assist your referral and/or please contact our Street to Home team who can assist you.

Hannah Maccini is coordinating the response with Street to Home team. Further enquiries can be directed to:
Hannah on 0427 240 046 or hannah.maccini@neaminational.org.au

Lara Mutu on 0419 801 617 or lara.mutu@neaminational.org.au

EMERGENCY FOOD ASSISTANCE & DELIVERIES

Service	Description	Contact
Whalers Food Barn	We Buy in Bulk and pass the savings onto you. Our Motto 'People Helping People'	GOOLWA Ph: 8555 2800 W.hc@internode.on.net
Gospel Centre	Limited food parcels OZ harvest tues 6.15 to 7pm & Wed 9.30am—12.30pm	VICTOR HARBOR 8552 6007 info@the gospelcentre.com
South Coast Christian Community Care Inc.	SCCCC is a non profit, combined church initiative supporting those in need on the South Coast.	Church of Christ Centre, Seaview Rd Victor Harbor 12non—3pm Mon, Wed & Frid 85525029 Goolwa Uniting Church Open Door Centre, Col-lingwood St, Goolwa Mon, Wed, Thur 10am 12noon 8555 1008
Lutheran Church	Limited Bread and food through OZ harvest thurs 6.30—7.30pm & Fri 9—10am Social Distancing in affect seeing 1 person at a time,	VICTOR HARBOR 8552 5380 Victorharbor.sa@lca.org.au
5 Churches Community Care (5CY) Yankalilla	Provides emergency assistance with food parcels.	Yankalilla District Council Brenton 8558 4086
The Pantry Club	Do you need to make your \$ stretch a bit further. For a small weekly fee, you get a number of benefits. Help reduce your weekly food bill.	STRATHALBYN 7511 7212
Baptist Church	Food packages can be put together and delivered if needed	VICTOR HARBOR 8552 2675
Salvation Army	Emergency Food Parcels	VICTOR HARBOR Ph: 8552 7474 Mobile: 0417 306 388
WOOLWORTHS	Priority Assistance register—for vulnerable people	https://www.woolworths.com.au/shop/discover/priorityassistance
COLES	Coles inline priority service (COPs)	https://shop.coles.com.au/a/national/content/priority-service-information
IGA	Offer a call and collect on 10 items or less. Call in through before 9am and pick up after 3pm	75224530
VEG OUT	Delivery Mon, Wed, Fri \$10 delivery fee . Meat & Veg, Dairy, Fruit	Ring on day before with list. 8552 6611

MENTAL HEALTH SERVICES

Service	Description	Contact
SA HEALTH MENTAL HEALTH LINE	Mental Health Support Line running from 8am to 8pm 7 Days a week	1800 632 753
REGIONAL ACCESS	Free professional counselling service for people in regional South Australia who are feeling the stresses of everyday life.	1300 032 186 Support 24/7
LIFELINE	24 hour phone service that offers confidential support and advice to help you deal with stress and personal challenges	131 114
BEYOND BLUE	Information on depression; how to recognise the signs, how to get help for yourself or someone else, and how to stay well.	1300 224 636
MENSLINE	Phone support, information and referral service, helping men deal with relationship and mental health needs	1300 789 978
CAMHS Child & Adolescent Mental Health Service 0-16yrs	Counselling services for emotional , behavioural, social & Mental health issues.	8552 9874—Vharbor PH COUNSELLING ONLY 8391 3922 Mt Barker
PsychMed	Psychological service. Short-term psychological interventions for individuals with mild to moderate Mental Health Issues	7082 3624 VHarbor & Strathalbyn. Mental Health Plan is required from your GP PHONE COUNSELLING ONLY
Torrens House	Clinical Psychology & Counselling Referral from Local Doctor for Mental Health Care Plan	8552 6697 VHarbor PHONE COUNSELLING ONLY
Summit Health Mental Health & Wellbeing Service	Runs programs providing access to effective, 'no cost' mental health treatment for people on a low income. Adelaide Hills, Southern Fleurieu and Kangaroo Island	People access this service by visiting their GP and getting a mental health care plan and a referral to Summit Health from the doctor. PHONE COUNSELLING ONLY
Mental Health wellbeing support 17- 25yrs	Support & information about mental wellbeing	8552 0600 VHARBOR
Head Space	Mental Health service for Youth aged 12—25 years	Ph: 8391 0123 VHARBOR https://headspace.org.au/ PHONE COUNSELLING ONLY
SKYLIGHT MENTAL HEALTH	5 free phone counselling sessions	https://www.skylight.org.au/coronavirus-covid-19 8378 4100
Centacare Outreach service to Victor Harbor and Goolwa	Counselling services & Education for all ages	8215 6310 PHONE COUNSELLING ONLY
Family Mental Health Support Services Outreach Service Free	Provides assistance and support to children and young people aged 0—18yrs, who are living in the Onkaparinga, Fleurieu Peninsula, Kangaroo Island and Alexandrina local government areas, and may be impacted by	8202 5200 PHONE COUNSELLING ONLY

TRANSPORT, HOMELESSNESS, FINANCIAL SERVICES & SUICIDE

Service	Description	Address	Contact
SCOTS (Southern Communities Transport Scheme) Medi-Ride	Assistance to provide transport to disadvantaged people of all age groups to medical appointments (locally and in Adelaide).	SOUTH COAST REGION	8551 0760 Fees Apply RESTRICTIONS APPLY
Victor Harbor Dial a Ride Bus Service Link SA	Pre-booked service Minimum 2 hours notice Timetabled Service between Encounter Bay, Victor Harbor, McCracken and Pt Elliot Operates Monday to Friday 8:45am to 3:15pm Excluding public Holidays	go to www.linksa.com.au for Timetable	1300 642 604 CALL FOR POSSIBLE CHANGES IN SERVICE
Step Up Loan	A low interest loan for people who have difficulty accessing credit from a bank. You can borrow from \$800 to \$3000 with up to 3 years to pay it back. There are no fees. ELIGIBILITY <ul style="list-style-type: none"> Centrelink Health Care Card Pension Card Qualify for Family Tax Benefit A 	Uniting Communities 10 Pitt street ADELAIDE www.stepuploan.org.au	Ph 8202 5180
<ul style="list-style-type: none"> Financial Counselling No Interest Loan Scheme 	<ul style="list-style-type: none"> For people who are disadvantaged or on low incomes. Offered to people who live on a low income to buy essential household goods. Maximum loan amount is \$1200 and is usually repaid over 18 months to 2 years. 		Ph: 82025010 PHONE COUNSELLING ONLY
ADRA	Provides an Op Shop with low cost furniture, clothing and various items Will also provide emergency assistance to families in the form of food hampers and furniture	Maud Street, Victor Harbor Hours: Tuesday, Wednesday 8:30am-4.30pm; Sunday 8:30am-4.30pm	0435 093 890 SHOP CLOSED EMERGENCY ITEMS ONLY
Junction Australia (Fleurieu Homelessness Support Service) 15 years and over	Provides short to medium term support for families & individuals homeless or at risk of becoming homeless	15 Cadell St, Goolwa	8555 3277 Email: fhss@junctionaustralia.org.au PHONE & EMAIL CONTACT ONLY
STANDBY	SUPPORT AFTER SUICIDE	COUNTRY SA	0437 752 458 standby@unitingcommunities.org ZOOM AVAILABLE
SUICIDE PREVENTION SERVICE	SUPPORT FOLLOWING SUICIDE		1300 077 798 sps@anglicaresa.com.au

HEALTH & FAMILY SUPPORTS

DRUG & ALCOHOL

Service	Description	Contact
Fleurieu Families VICTOR HARBOR, ALEXANDRINA & YANKALILLA COUNCIL REGIONS	Parenting support, online resources.	Kerry 8551 0553/0439 824 812 kpomery@victor.sa.gov.au PH AND EMAIL ONLY
Junction Australia (Fleurieu Domestic Violence Service) VICTOR HARBOR, ALEXANDRINA & YANKALILLA COUNCIL REGIONS	Support for women, children & young people living with or escaping Domestic & family violence	8555 0817 Email: fdvs@junctionaustralia.org.au
Southern Fleurieu Health Service SOUTH COAST REGION	Provides comprehensive community based health services to people living in the Southern Fleurieu region	8552 0600 SOME RESTRICTIONS MAY APPLY
Child and Family Health Service SOUTH COAST REGION	Child and Family Health services provides free health checks for children at key developmental Ages between birth and 6 years.	1300 733 606 SOME RESTRICTIONS MAY APPLY
Learning Together @ Home VICTOR HARBOR, ALEXANDRINA & YANKALILLA COUNCIL	A home visiting program that supports families to develop skills to help their children's learning and development through play.	8552 4160 SOME RESTRICTIONS MAY APPLY
Children's Team Occupational Therapist Speech Pathology Physiotherapist Social Worker SOUTH COAST REGION	Provides support to children & their families to reach their full potential 0—8 yrs	8552 0600
Growing Life Connections Alexandrina Council and surround- ing Districts STRATHALBYN AND OUTER DISTRICTS	Aims to provide support to families & individuals who are dealing with issues that impact on their ability to live a happy life by providing workshops and groups in areas such as; Parenting, Life Skills, Job Fit and more.	8537 0687 RESTRICTIONS APPLY
DASSA Drug and Alcohol Services South Australia SOUTH COAST REGION	Provides a free confidential and specialist assessment and treatment servicer to any person experiencing sever and/or complex alcohol or other drug problems	1300 13 1340 8.30am—10pm every day PHONE CALLS ONLY
DRUG ARM SOUTH COAST REGION	Community & Family Support Service is a free counselling program for people who are experiencing difficulties due to their own or another's alcohol or other drug use.	7099 7290 PHONE COUNSELLING ONLY
YOUTH & FAMILY ALCOHOL AND OTHER DRUG SUPPORT	Provides support and case management to young people aged 10—24 who's lives are affected by alcohol or other drug concerns.	8187 0707 RESTRICTIONS MAY APPLY

PARENTING & SUPPORT GROUPS

**ALL GROUPS WILL RESUME
AS GUIDED BY GOVERNMENT**

GROUP NAME	DESCRIPTION	WHEN/WHERE & TIME	CONTACT PERSON
MY TIME Fleurieu Families	A group for parents of children with a disability or chronic illness	Fortnightly on Wed 9:30—12:30, Victor Harbor Childcare & Education Centre	Amelia on 8551 0542 FREE
Q+ Skylight Fleurieu	A support group for parents of LGBTIQ young people	Held on Tuesdays every 3 weeks 4pm—6pm, Headspace Victor Harbor	Renee on 8551 0543 FREE
Grandparents Raising Grand/children Fleurieu Families	For Grandparents who are having to care for their grandchildren or other carers	Held Monthly at The Hub, cnr of Loveday St and Goolwa Tce, GOOLWA 1.30—4pm	Kerry 8551 0553 FREE
DADS & KIDS DINNERS Goolwa Childrens Centre	A time for Dad's /male carer's to socialise with other men in their community with their children	6pm—8pm Third Monday of every month Goolwa Childrens Centre & Strathalbyn	8555 2509
EARLY PARENTING GROUP	Helpful sessions for first time mums on feeding and settling your baby by a CaFHS nurse	Sessions run regularly	1300733606 For details of sessions in
Baby Beginnings Goolwa Childrens Centre	A nurturing group for families during their pregnancy	Tuesdays 6—7.30pm Goolwa Childrens Centre Booking St GOOLWA	8555 2509
Connecting the Dots	This is an open and ongoing support group for men and women, to explore strategies to cope with depression and anxiety	Wednesdays 12:30—2:30pm, Good Shepherd Hall, 2 Chapel St, Strathalbyn	Growing Life Connections 8537 0687
Dad Factor	A group for fathers, grandfathers, uncles and male carers.	Thursdays 12.30—2.30pm Goolwa Childrens Centre	8555 2509
Baby and Me	A group for parents and their babies (pre crawlers) 0—12months	Fridays 10 –11.30am	8555 2509

More science of sleep in childhood and adolescence

Developing Minds Psychology and Education

1. Changed recommendations for how much sleep children and teens need

- For Pre-schoolers (3-5): The sleep range was widened by one hour to be 10-13 hours (previously it was 11-13 hours).
- For School Age Children (6-13): The sleep range was widened by one hour to be 9-11 hours (previously it was 10-11 hours).
- Teenagers (14-17): Sleep range was again widened by one hour to be 8-10 hours (previously it was 8.5-9.5 hours).

Kids and teens (and adults) should not feel sleepy once they have been awake for 45 minutes. If they are sleepy at that point, this is a good indication they haven't got enough sleep.

2. How much sleep do Australian kids and teens actually get?

The Longitudinal Study of Australian Children (LSA) is a data collection of over 10,000 kids and families and the Australian government produced a report just last year about sleep in this age group.

A quarter of Australian 14-15 year olds and a half of 16-17 year olds **were not** meeting national sleep recommendations for this age group. It should be noted that some were getting more than they needed.

3. What time do kids and teens in Australia go to bed?

The LSA report concluded that 6-11 year olds in Australia go to bed on average between **8 and 8:30pm**, 12-15 year olds go to bed between **9 and 9:30pm** and 16-17 year olds go to bed between **10 and 10:30pm**.

The study also measured how long it takes young people to get to sleep and determined that it took on average between 20-40 minutes for children to fall asleep, with younger children being on the shorter of this scale and adolescents being on the longer end of this scale. It can be useful to explain this idea of 'sleep preparation time' to young people—to provide them with a rationale for why we need to stay still and quiet, with 'slow mind' for at least 20 minutes. This can be a tough task for some young people, so its important for us to patiently and kindly help young people to practice this.

4. Yet more studies in the last year linking sleep and mental health challenges

Researchers from Berkeley University conducted an online study asking 280 people to record sleep and anxiety levels over 4 days. The results showed that the amount and quality of sleep people had each night predicted their anxiety the next day—even true for small changes in sleep amounts.

More science of sleep in childhood and adolescence

5. Anxiety isn't the only mental health challenge linked to sleep problems.

In 2019 researchers from the Cincinnati Children's Hospital Medical Centre asked teens diagnosed with ADHD to spend a week restricting their sleep to 6.5 hours per night, followed by a week in which they could sleep up to 9.5 hours per night. After less sleep they had significantly lower scores on a test of attention, planning concentration compared to the week of more sleep.

This suggests two slightly different, but related ideas: a) sleep deprivation in teens diagnosed with ADHD, may be partly a cause of attention and concentration problems b) "increasing" sleep in teens with attention and concentration problems may be a useful treatment for them.

6. Technology use and sleep problems—more research linking the two.

In 2018, 2,865 adolescents were asked about problems falling and staying asleep, their mood and how long they slept during the week as well as typical daily hours spent on technology. Symptoms of depression and difficulties getting to sleep were linked with higher numbers of hours of technology use.

7. Specific bedtimes set by parents/caregivers seem to help—even for older teens

Despite families reporting more bedtime conflict when specific bedtimes were enforced, their teenagers got significantly more sleep, had significantly higher day time energy levels and significantly lower depressive symptoms.

8. Routines help for younger children

A study of 10,000 mothers from 14 countries reported that their children (aged 6 and under) who had a consistent bedtime routine reported longer periods of sleep than those without a routine.

9. More physical activity seems to be associated with better and more sleep in young people.

Whilst difficult for some young people, including those with disabilities to engage in physical activity, studies found in the LSA (2019) that young people who played sport got more sleep than those who did not. A study from 2013 found that for every additional minute of physical activity in primary aged school children resulted in a shorter period of time taken to fall asleep that night.

10. Sleep problems are probably at least partly genetic—a reason to ease up on parent guilt and teenager blaming

A large study from 2018 found that sleeping problems have a strong genetic component. More research is needed but it is likely that some young people have *genetically determined biological systems which make it much harder for them* to get sufficient sleep than others. Whilst "set bedtimes" and "no screens" and "routines" can help, for these parents there's a much more difficult challenge.

Finally if you have worked really hard at supporting and encouraging your young person to get enough sleep, and are currently feeling despondent—remember the following.

- Remember that sleep is only one factor influencing well-being. Yes, we know it matters, but that doesn't mean it is a game changer for every young person. For some young people it may be that other factors are just as or much more important.
- Managing sleep is a life long journey with lots of bumps and curves in the road. There are and will be times our young people will get less sleep than we would like and that is okay. There will be periods of time they do not eat well, exercise or get homework done either. We can always keep working on this as a goal and it doesn't have to be perfect at all points during the journey.
- Talk to your GP about your sleep concerns, or visit a psychologist to talk with them about what else you might be able to do. There are no easy fixes, but there are some therapies which have good evidence behind them.

For an online article on sleep for young people, see below.

'12 Facts to Tell Your Child/Teen About Sleep'

<https://developingminds.net.au/blog/2018/3/4/12-facts-to-tell-your-childteen-about-sleep?rq=sleep>

Hon Steven Marshall MP

Premier

Hon Michelle Lensink MLC

Minister for Human Services

Monday 30 March 2020

New COVID-19 welfare calls activated for our most vulnerable

Vulnerable South Australians can opt to receive a free, daily potentially life-saving phone call checking on their welfare in response to COVID-19 – and the Marshall Liberal Government is urging those at risk to sign up to the new service.

The State Government is encouraging the community to register themselves, loved ones and friends for the Red Cross Telecross REDi service.

Specially trained Red Cross staff and volunteers will make the calls, asking clients questions including how they are coping and if they need medical or food supplies, as well as reiterating latest government health advice.

Premier Steven Marshall said the free phone service could be a “lifesaver”.

“I urge the community to register their loved ones and friends for our new, free COVID-19 phone service, activated for our most vulnerable South Australians – it could literally be a lifesaver,” said Premier Marshall.

“Welfare calls are another component of the State Government’s strong plan to reduce the impact of the coronavirus pandemic on the health of South Australians.”

Minister for Human Services Michelle Lensink said the phone service has been activated to support South Australians whose wellbeing is impacted as a result of COVID-19 social distancing and self-isolated measures.

“The new, extended service is targeted to older South Australians, people living with disability, those experiencing mental illness people recovering from an illness or accident or anyone with an ongoing health condition who are doing the right thing and self-isolating,” said Minister Lensink.

“We usually activate this service during heatwaves and we’ve witnessed the phone calls helping South Australians in emergency situations every year.

“The service typically makes thousands of calls made every day to our most vulnerable and we’re really urging people to sign up to the new Red Cross COVID-19 service.”

Red Cross South Australian Director Jai O’Toole said he expected many South Australians

“Clients will receive regular wellbeing checks by trained Red Cross staff and volunteers and quite often, this can be the only person they speak to each day,” said Mr O’Toole.

“Our service is being rapidly ramped up so anyone in the community who is self-isolating and at additional risk can receive these free calls.

“Anyone who is signed up to receive the regular phone check-in will be supported through any additional needs they have, whether that is needing food or medication, to the relevant agency or loved one. If the situation is critical and emergency response will be activated”

Vulnerable people, their friends or loved ones can register for the Telecross REDi COVID-19 service by phone 1800 188 071 or register online at register.redcross.org.au.

Anyone already registered with the service will automatically receive COVID-19 service support.

For people seeking information and advice on COVID-19, they are urged to call the 24/7 National Coronavirus Information Helpline – 1800 020 080.



USEFUL WEBSITES



Alcoholics Anonymous.....	www.alcoholicsanonymous.org.au
A concession finder tool.....	www.sa.gov.au/concessions
(a concessions finder tool for people who are concession card holders, pensioners or on low income. You could be eligible for concessions on things such as energy, water and council rates)	
Aboriginal Family Support Services.....	www.afss.com.au
Alcohol & Drug Information Service.....	www.sahealth.sa.gov.au
Beyond Blue (Mental Health).....	www.beyondblue.org.au
Child Abuse Report onLine (strictly non life threatening reports only).....	www.reportchildabuse.sa.gov.au
Child and Youth Health Service.....	www.cyh.com
Crime Stoppers.....	www.crimestoppers.com.au
Centrelink.....	www.centrelink.gov.au
Cyber Safety.....	www.cybersmart.gov.au
Domestic Violence & Aboriginal Family Violence Gateway Services.....	www.gatewayservices.org.au
Family Law Network Australia.....	www.familylawmattersaustralia.com.au
Kids Help Line.....	www.kidshelp.com.au
Kids Matter (Growing Healthy Minds).....	www.kidsmatter.edu.au
Lifeline and Youthline.....	www.lifeline.org.au
Net alert (protecting families online).....	www.netalert.gov.au
Parenting Playground.....	www.parentingplayground.org.au
Problem Gambling.....	www.problemgambling.sa.gov.au
Parenting SA.....	www.parenting.sa.gov.au
Quitline.....	www.quitsa.org.au
RAA Child Safety in the car.....	www.raa.com.au/childsafety
Raising Children Network.....	www.raisingchildren.net.au
SA Dental Service (Dental Care).....	www.sadental.sa.gov.au
Suicide Call Back Service.....	www.suicidecallbackservice.org.au
Money Smart.....	www.moneysmart.gov.au
NDIS (National Disability Insurance Scheme).....	www.ndis.gov.au
Regional Access (Free professional counselling).....	www.saregionalaccess.org.au

MISSION STATEMENT

Based in Local Government, Fleurieu Families is a professionally informed group of projects that use a strengths and rights based approach to build parenting and community capacity. Fleurieu Families nurtures respectful, trusting relationships that are culturally sensitive and child family centered. We acknowledge the importance of strong professional connections and as such work in collaborative ways to meet community need.

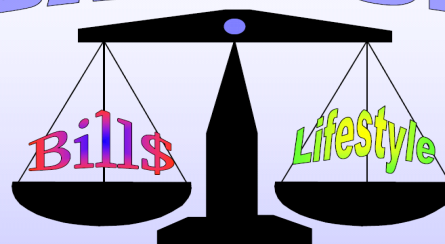
TOGETHER BUILDING A BETTER COMMUNITY
FOR CHILDREN AND FAMILIES



Fleurieu Families is a partnership between the City of Victor Harbor, Alexandrina Council, District of Yankalilla, the Australian Government Department of Social Services and the South Australian Government Department for Human Services.



BALANCE



Financial Counselling
Free Telephone Helpline

1800 025 539