



# **Fleurieu Peninsula Mental Health Agencies**

## **Community Connections Program (CCP)**

[skylight.org.au](https://skylight.org.au)

8378 4100

## **headspace Victor Harbor**

[headspace.org.au](https://headspace.org.au)

8391 0123

## **Country and Outback Health – Country Wellness Connections**

0431 114 171

0432 055 954

## **Fleurieu Wellbeing Pty Ltd**

[fleurieuwellbeing.com](https://fleurieuwellbeing.com)

7444 4878

## **Child and Adolescent Mental Health Service (CAMHS)**

[wchn.sa.gov.au](https://wchn.sa.gov.au)

1300 222

## **Centacare Catholic Family Services**

[centacare.org.au](https://centacare.org.au)

8215 6310

## **Grow Mental Wellbeing Programs – Michael Brennan**

[grow.org.au](https://grow.org.au)

0418 694 283

## **Victor Harbor Physiotherapy Clinic**

[victorharbor.physio](https://victorharbor.physio)

8552 2853

## **Neami National**

[neaminational.org.au](https://neaminational.org.au)

8531 2395

## **SACARE**

[sacare.com.au](https://sacare.com.au)

1300 145 636

## **Southern Fleurieu Community Mental Health Services**

[sahealth.sa.gov.au](https://sahealth.sa.gov.au)

8552 0637

## **Moorundi Aboriginal Community Controlled Health Service (MACCHS)**

[moorundi.org.au](https://moorundi.org.au)

8531 0289

## **Summit Health (ConnectCare)**

[summithealth.org.au](https://summithealth.org.au)

8406 7715

## **Sonder**

[sonder.net.au](https://sonder.net.au)

8209 0710

## **Child and Family Health Service (CaFHS)**

[cafhs.sa.gov.au](https://cafhs.sa.gov.au)

1300 733 606

## ***Fleurieu Peninsula Mental Health Agencies***

### **Community Connections Program (CCP) | [skylight.org.au](https://skylight.org.au)**

*Short term (12 weeks) support to people aged 18 years – 64 years who are not on NDIS or MAC. Overall aim is to connect people and reduce social isolation.*

**Location you are based:** Christies Beach

**Cost:** Free

**Contact Details:** Chrissie Roberts, 0417 981 317, [christine@skylight.org.au](mailto:christine@skylight.org.au)

**Referral Process:** Call Skylight at 8378 4100 or contact Chrissie at 0417 981 317

**Service Region:** City of Victor Harbor, Alexandrina Council, Kangaroo Island Council and District Council of Yankalilla regions

**Approximate Waitlist:** Two weeks

### **Headspace Victor Harbor | [headspace.org.au](https://headspace.org.au)**

*A youth-friendly, community-based, cost-free health service for young people 12-25 and their families.*

**Location:** 10 Crozier Rd, Victor Harbor

**Cost:** Free

**Contact Details:** 8391 0123

**Referral Process:** Referral can be made over the phone, by emailing a referral form, or having a referral sent by a GP or other service provider.

**Service Region:** City of Victor Harbor, Alexandrina Council, Kangaroo Island Council and District Council of Yankalilla regions

**Approximate Waitlist:** Currently no waitlist

## ***Fleurieu Peninsula Mental Health Agencies***

### **Country and Outback Health – Country Wellness Connections**

*For people aged 16 years and over who are experiencing mental illness that significantly impacts on their daily life and require support to manage their wellbeing, daily activities and participate in their community.*

<b>Location:</b>	17 Alexandrina Road, Mount Barker. Services are provided to the Eastern Fleurieu (Goolwa North) and Adelaide Hills area
<b>Cost:</b>	Free
<b>Contact Details:</b>	Sam, 0431 114 171, <a href="mailto:sprobert@cobh.org.au">sprobert@cobh.org.au</a> Deb, 0432 055 954, <a href="mailto:dwhiting@cobh.org.au">dwhiting@cobh.org.au</a>
<b>Referral Process:</b>	Visit <a href="http://www.cobh.com.au/cwc-referral-form">www.cobh.com.au/cwc-referral-form</a> , or call Sam/Deb
<b>Service Region:</b>	City of Victor Harbor, Alexandrina Council and District Council of Yankalilla regions
<b>Approximate Waitlist:</b>	No waitlist

### **Fleurieu Wellbeing Pty Ltd | [fleurieuwellbeing.com](http://fleurieuwellbeing.com)**

*Positive psychology counselling (NDIS, Gov and NGOs and Private), ages 7+ through to older persons, and ASD Specialists.*

<b>Location:</b>	Aldinga Beach
<b>Cost:</b>	NDIS standards rates, gap fee for GP Mental Health Care Plan/Concession Card Holders
<b>Contact Details:</b>	<a href="mailto:hello@fleurieuwellbeing.com">hello@fleurieuwellbeing.com</a> or 7444 4878
<b>Referral Process:</b>	Referral online <a href="https://www.fleurieuwellbeing.com">https://www.fleurieuwellbeing.com</a> Self, GP, Allied Health or Support Coordinator referrals
<b>Service Region:</b>	Home or community visit for Fleurieu Coast and Southern Mount Lofty Ranges; telehealth Australia wide.
<b>Approximate Waitlist:</b>	Less than seven days

## ***Fleurieu Peninsula Mental Health Agencies***

### **Child and Adolescent Mental Health Service (CAMHS) | [wchn.sa.gov.au](http://wchn.sa.gov.au)**

*Services to infants, children and young people up to 16. As a specialised tertiary mental health service, CAMHS consider referrals with high/complex mental health challenges. CAMHS Connect is a referral triage service, and not able to provide emergency response.*

**Location you are based:** Victor Harbor

**Cost:** Free

**Contact Details:** Existing clients: 8326 1234  
New referrals via CAMHS Connect: 1300 222 647

**Referral Process:** CAMHS Connect receive enquiries and referrals from general practitioners, paediatricians, public sector and private healthcare providers or school staff.

**Service Region:** City of Victor Harbor, Alexandrina Council, Kangaroo Island Council and District Council of Yankalilla regions

**Approximate Waitlist:** Two months (varies)

### **Centacare Catholic Family Services | [centacare.org.au](http://centacare.org.au)**

*Family and relationship counselling to assist in developing, restoring and maintaining possible respectful and safe relationships.*

**Location:** Aldinga (also attend Goolwa on Tuesdays)

**Cost:** Fees charged based on client's income and capacity

**Contact Details:** [aldinga@centacare.org.au](mailto:aldinga@centacare.org.au), 8215 6310

**Referral Process:** Clients can self-refer by calling the office, or services can call or send referral form found on website

**Service Region:** City of Victor Harbor, Alexandrina Council, and District Council of Yankalilla regions

**Approximate Waitlist:** Four – six weeks

## ***Fleurieu Peninsula Mental Health Agencies***

### **Grow Mental Wellbeing Programs – Michael Brennan | [grow.org.au](http://grow.org.au)**

*Peer Mental Health Support Groups that are confidential, accepting and free of judgement and criticism.*

<b>Location:</b>	Groups at Victor Harbor, Christies Beach, Hove, Glenelg
<b>Cost:</b>	Free
<b>Contact Details:</b>	Michael Brennan, Program Worker, 0418 694 283
<b>Referral Process:</b>	No referral needed
<b>Service Region:</b>	City of Victor Harbor, Alexandrina Council, and District Council of Yankalilla regions
<b>Approximate Waitlist:</b>	N/A

### **Neami National | [neaminational.org.au](http://neaminational.org.au)**

*IPRSS (Individual Psychosocial Rehabilitation Support Services) IHBSS (Individual Home Based Support Service).*

<b>Cost:</b>	Free
<b>Contact Details:</b>	8531 2395, <a href="mailto:murraybridge@neaminational.org.au">murraybridge@neaminational.org.au</a>
<b>Referral Process:</b>	Referral through the Community Mental Health Team
<b>Service Region:</b>	City of Victor Harbor, Alexandrina Council, and District Council of Yankalilla regions
<b>Approximate Waitlist:</b>	None

## ***Fleurieu Peninsula Mental Health Agencies***

### **SACARE | [sacare.com.au](https://sacare.com.au)**

*SACARE is a disability services and registered NDIS provider providing in-home community supports.*

**Location you are based:** Victor Harbor

**Cost:** NDIS Rates

**Contact Details:** [referrals@sacare.com.au](mailto:referrals@sacare.com.au) or [alex.killey@sacare.com.au](mailto:alex.killey@sacare.com.au)

**Referral Process:** Call 1300 145 636 and ask to speak to the Intake Team, or email [referrals@sacare.com.au](mailto:referrals@sacare.com.au) or [alex.killey@sacare.com.au](mailto:alex.killey@sacare.com.au)

**Service Region:** City of Victor Harbor, Alexandrina Council, Kangaroo Island Council and District Council of Yankalilla regions

**Approximate Waitlist:** Varies around three - four weeks

### **Southern Fleurieu Community Mental Health Services | [sahealth.sa.gov.au](https://sahealth.sa.gov.au)**

*Assessment, treatment, case management and support to people in the community who have a mental illness.*

**Location you are based:** Victor Harbor Hospital

**Cost:** Free

**Contact Details:** 8552 0637

**Referral Process:** Call 8552 0637

**Service Region:** Fleurieu Peninsula

**Approximate Waitlist:**

## ***Fleurieu Peninsula Mental Health Agencies***

### **Moorundi Aboriginal Community Controlled Health Service (MACCHS) | [moorundi.org.au](http://moorundi.org.au)**

*GP services, clinical care, chronic disease management, community children programs, transport assistance for eligible clients, Integrated Team Care (formally Close the Gap), Social Emotional Wellbeing Team/Counsellors (mental health/AOD).*

<b>Location you are based:</b>	Victor Harbor, Murray Bridge, Raukkan
<b>Cost:</b>	Free if eligible
<b>Contact Details:</b>	8531 0289
<b>Referral Process:</b>	Self-referral for some programs, while others require GP referral / SEWB Counsellors referral
<b>Service Region:</b>	As above
<b>Approximate Waitlist:</b>	Two – four weeks for GP services (depending on doctor) No waitlist for community programs

### **Summit Health (ConnectCare) | [summithealth.org.au](http://summithealth.org.au)**

*CONNECTcare provides psychology, psychotherapy, counselling and a range of mental health supports.*

<b>Location you are based:</b>	Port Elliot
<b>Cost:</b>	Individuals not in a financial position to access services
<b>Contact Details:</b>	8406 7715
<b>Referral Process:</b>	Mental Health Care Plan through GP
<b>Service Region:</b>	Fleurieu Peninsula



## ***Fleurieu Peninsula Mental Health Agencies***

### **Sonder | [sonder.net.au](https://sonder.net.au)**

*Alcohol and other drugs support. If your alcohol and drug use is causing problems, Sonder can help you make long-term positive changes that last.*

**Location you are based:** 15 Victoria St, Victor Harbor SA 5211

**Cost:** Free

**Contact Details:** 8209 0710

**Referral Process:** By appointment

### **Child and Family Health Service (CaFHS) | [cafhs.sa.gov.au](https://cafhs.sa.gov.au)**

*Supports families in South Australia with children from birth to 5 years by responding early in life to children's health, development, and wellbeing needs.*

**Location you are based:** Refer to [www.cafhs.sa.gov.au](https://www.cafhs.sa.gov.au) for locations

**Cost:** Free

**Contact Details:** 1300 733 606

**Referral Process:** Via birthing hospital on discharge, or call 1300 733 606 to book an appointment