YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

HEALTH

Medicare & Health Direct **1800 633 422** www.1800medicare.gov.au

A national free phone service, website and app offering expert health information and advice, 24 hours a day, 7 days a week. Anyone in Australia can use this service and you do not have to have a Medicare card. Registered nurses will ask you about your symptoms and guide you to the right care.

Medicare Urgent Care Clinic – **(08)75448338** https://victorurgentcare.com.au/
65 Ocean Street, Victor Harbor SA 5211. Open 8am to 6pm daily. Walk-ins accepted, no appointment needed. Bulk Billed.

Country Health Connect - Community Health Service https://countryhealthconnect.sa.gov.au/
Phone**: 8552 0600** or 1800 944 912
Provides community-based health services, including specialist youth teams, across Adelaide Hills, Kangaroo Island and Southern Fleurieu areas of South Australia.

Moorundi Aboriginal Community Controlled Health Service https://www.moorundi.org.au/
Phone: **1800 023 846** or **8531 0289**
15 Victoria St, Victor Harbor (Mondays). Provides health and wellbeing programs for Aboriginal people of all ages.

Metropolitan Youth Health
www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/health+services+for/youth+health+services/youth+health+services
Phone: **1800716881** or **8326 6053** 50a Beach Road, Christies Beach
Provides free, confidential services for young people aged 12-25 years, with a focus on young people under 18 years, across metropolitan Adelaide who are:

- under the Guardianship of the Minister
- in the Adelaide Youth Training Centre
- Aboriginal and/or Torres Strait Islander
- young pregnant and/or parenting women and their partners
- refugees
- not able to live at home
- same sex attracted and/or gender diverse

MENTAL HEALTH

Medicare Mental Health www.medicarementalhealth.gov.au **1800 595 212**

Connect to the mental health support that is right for you. Medicare Mental Health Centres and Kids Hubs can connect you with a range of mental health professionals for support, whatever your situation. Find a location near you or make a free call to the national phone service.

Mental Health Emergency Triage Liaison Service Phone: **13 14 65**
For people with acute mental health issues. No referral required.

Child and Adolescent Mental Health Service www.wchn.sa.gov.au/our-network/camhs
Phone: CAMHS Connect **1300 222 647** (referrals and triage services) 209 Main South Road, Morphett Vale.
CAMHS Southern Fleurieu, 08 8326 1234 49 Victoria St, Victor Harbor. Outreach service for youth up to 18 years.

Created by Goolwa Haven -contact 0499 407 237 or email goolwahaven@alexandrina.sa.gov.au. Last updated November 2, 2026 26 2026

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Community Mental Health Services Crisis Support Phone: **13 14 65** (Mental Health Triage)
https://www.sahealth.sa.gov.au/
Duty worker/Youth Mental Health Consultation Liaison Clinician. Mental Health Care Plan is required from a GP. For over 16 year olds.
Southern Fleurieu Community Mental Health Service Phone: **8552 0600**
Southern Fleurieu Health Service, Harborview Tce, Victor Harbor
Adelaide Hills Community Mental Health Service Phone: **7425 7770**
22 Druids Ave, Mount Barker

Headspace www.headspace.org.au/victorharbor Phone: **8391 0123** 10 Crozier Rd, Victor Harbor
www.headspace.org.au/mountbarker Phone: **8398 4262** 30 Stephen St, Mount Barker
A free general and mental health service for young people 12-25 and their families. Offers **Open Door Program** (single session, no wait) as well as longer-term therapy.

e-headspace https://headspace.org.au/online-and-phone-support/connect-with-us
Phone: **1800 650 890**
A free and confidential telephone and online service for young people aged 12–25.

CONNECTcare (Summit Health) www.summithealth.org.au
Phone: **8406 7715** Mount Barker Office.
Consults in Port Elliot, Mount Barker and Strathalbyn. Provides clinical service and mental health counselling (Free or low fee with a Mental Health Care Plan from GP. Full fee available for self-referral.

Medicare Mental Health Centre **1800 595 212** or local **(08) 8473 6900** (Summit Health)
www.summithealth.org.au 2-4 Cameron Road, Mount Barker
Access free and confidential mental health information, services, and supports without a waiting list. No appointment or Medicare card needed.

Uniting Communities Family Mental Health Support Service
https://www.unitingcommunities.org/service/counselling/personal-and-family- counselling
Phone: **8202 5200 –** 38 Beach Road, Christies Beach.
Based in Christies Beach and consults across Alexandrina region. Family based therapeutic services for youth under 18 and their families.

Child Sexual Abuse Counselling (RASA) https://www.rasa.org.au/support/services/child-sexual-abuse-counselling-service/ **1300 364 277**
Free and confidential counselling service for children, young people and adults who have experienced childhood sexual abuse. Counselling is available via face-to face and telehealth appointments.

Centacare www.centacare.org.au Phone: **8215 6310**
Consults at Goolwa Uniting Church Open Door on Tuesdays (referrals and self- referral). Family and relationship counselling and counselling for children and youth.

Youth & Family Alcohol and Other Drugs Support (YAFAODS) www.missionaustralia.com.au
Phone: 8187 0707 Victor Harbor: Shop8/46 Ocean Street Victor Harbor SA 5211
Supports young people 10-24 who are living with alcohol or other drug concerns.

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YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

PHONE COUNSELLING AND SUPPORT

Lifeline Phone **13 11 14** https://www.lifeline.org.au
24 hour service

Kids Helpline www.kidshelpline.com.au Phone **1800 551 800**
Free confidential counselling for children and young people aged 5-25.

Beyond Blue www.beyondblue.org.au Phone: **1300 224 636**
24 hour service

Rural Aid **1300 175 594** provides free confidential telephone support for farmers and their families available Monday to Friday, 9.00am – 4.00pm

Suicide Callback Service www.suicidecallbackservice.org.au Phone: **1300 659 467**
A national 24/7 telehealth provider that offers free professional phone and online counselling.

Sexual Healthline. https://shinesa.org.au/health-services/sexual-healthline/ **1800 188 171**
You can talk to a nurse for free about any sexual health issue,

Qlife https://qlife.org.au/ Phone: **1800 184 527**
Provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality or gender.

Bfriend www.unitingcommunities.org/service/community-support/lgbtiqa-support **1800 615 677**
Provides free, confidential peer support, community connections, and guidance for anyone navigating gender identity questions and their loved ones.

1800 respect www.1800respect.org.au Phone: **1800 737 732**
Available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.

13 YARN www.13yarn.org.au Phone: **13 92 67**
4 hour service for Aboriginal and Torres Strait Islander people.

Yarn Safe https://headspace.org.au/yarn-safe is a program for Aboriginal youth.

SANE Australia www.sane.org
Phone: **1800 187 263**
For 18 years and over. Access forums news and events including group chats and webinars.

YOUTH & FAMILY WELLBEING

Community Youth Support https://www.victor.sa.gov.au/council-activities/community-services/youth **Phone: 8551 0500**
Supports young people living, working or studying in the City of Victor Harbor to link them to community support. Assists young people to identify goals, plan and be resourced with information about what they can access in the community to support their wellbeing.

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

Fleurieu Families https://www.victor.sa.gov.au/council-activities/community-services/families
Phone: **8551 0500**
Servicing families in the Yankalilla, Victor Harbor and South Coast of Alexandrina Services include Outreach Parenting Support program supporting families with parenting, child development and family functioning, and the Love Bites Respectful Relationships workshops within schools.

CONNECTcare Wellbeing Connections https://www.summithealth.org.au/connectcare/cwc/
Phone: **8406 7715**
Based in Mount Barker at 85 Wellington Rd, and offers several wellbeing focused programs for people aged 16+ years, including DBT Lite, Chronic Pain, Body Image and Eating Disorders and Beneath the Surface. Pt Elliot Wellbeing Connector is Beth Stringer, 0400 422 734

Skylight www.skylight.org.au Phone **8378 4100**
Consults in various locations across the Fleurieu. Counselling for people 18+ years and individual and group support to build stronger social and community connections.

Butterfly Foundation www.butterfly.org.au Phone: **1800 334 673**
Support for individuals with eating disorders and body image issues and their family, friends and networks.

Carers SA: Young Carers Services https://www.carerssa.com.au/services/young-carers-services/
Phone: **8291 5600**
Carers SA provides a range of services to young people under 25 years in a caring role, including connecting with other young carers, counselling, and support packages.

Young Carers Network https://youngcarersnetwork.com.au/ **08 8433 9555**
A nationally coordinated resource to provide information, and direct young carers to support. Young carers are encouraged to engage with each other through a range of opportunities to share and connect.

Children of Parents with Mental Illness https://emergingminds.com.au/
Information online for young people when a parent has a mental illness. This service has been incorporated into the national Emerging Minds service.

Kookaburra Kids https://kookaburrakids.org.au/ Phone: **1300 566 525**
For young people 8-18 years impacted by family mental illness. Offers social connection through camps, activity days and online social groups.

Moorundi Aboriginal Community Controlled Health Service https://www.moorundi.org.au/
Phone: **1800 023 846** or 8531 0289
15 Victoria St, Victor Harbor (Monday to Friday 9am to 5pm). Provides wellbeing programs for Aboriginal people of all ages.

The Line www.theline.org.au **phone : 1800 737 732**
The Line is for young people aged 14+ years and has online games and resources about what's ok and what's not when it comes to sex, dating and relationships.

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YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

EDUCATION SUPPORT

Fleurieu Study Hub **08 8539 4220** www.mrfstudyhubs.org.au/campuses/fleurieu-study-hub/
19 George Main Rd, Victor Harbor. quiet study space (19 George Main Rd) is free to use and open to everyone - offering WiFi, noise cancelling meeting rooms and more. The student advisor can help you explore pathway options and access work experience in your chosen field.

TAFE SA **1800 882 661** www.tafesa.edu.au/services/student-support
Fee Free TAFE and vocational education is a joint initiative of the Australian and South Australian Governments providing tuition-free training places to students wanting to train, retrain or upskill.

Adelaide University Student Association (AUSA) www.ausaadelaide.com.au/support/studentcare/
Student Care offers independent information, advocacy, support and referrals across a range of academic, administrative and welfare issues to all students enrolled at Adelaide University.

Flinders University https://fusa.edu.au/academic-advocacy/

The Flinders University Student Association provides academic advocacy to help navigate policies and procedures, with services for academic and grade reviews, as well as dealing with university staff. Whether you're dissatisfied with a grade, struggling to make financial ends meet or are trying to wrap your head around University policy.
Yungkurrinthi **8201 3033** https://students.flinders.edu.au/support/indigenous-student-support
The Office of Indigenous Strategy and Engagement, provides a range of services and supports for Aboriginal and Torres Strait Islander students.

EMPLOYMENT SUPPORT

Jobs Statewide Transition to Work Program https://www.jobs-statewide.com.au/transition-to-work **1300 241 860.**
Phone: **8552 6988** 48-50 Torrens St, Victor Harbor
Phone: **7082 4218** Shop 4, 41 Gawler St, Mount Barker
Transition to Work is intensive employment assistance for 15-24 year olds who have left school early, or had difficulty finding a job after school. The program can help young people into work, apprenticeships and training, or education.

Mobo Group www.mobogroup.com.au
Phone: **8552 7654** (or Headquarters 81301800) 44-46 George Main Road, Victor Harbor.
Providing Disability Employment Services and Disability Enterprises.

SYC www.syc.net.au/south-australia/goolwa **08 7231 2300**
3, 24 Cadell Street, Goolwa, SA 5214
Workforce Australia's Employment Services provides comprehensive support to help you achieve employment goals. Offers personalised case management.
Inclusive Employment Australia (IEA) is designed to assist people with disabilities in finding and keeping employment.

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

Workskil Australia **1800 125 555** www.workskil.com.au
Support people of all backgrounds and abilities to overcome barriers across education, employment, housing, health and wellbeing and inclusion. Offices offer free WiFi, computers, printers, photocopiers, and phone use during business hours.
Victor Harbor 2 Mckinlay Street (**08)-7505-5600.** Mon-Thu. 9-5
Goolwa 1 Collingwood Street (**08)-7505-5600** by appointment

Maxima **1300 629 462** https://maxima.com.au/
Maxima is a national, not-for-profit employment services organisation.
Studio 20 Youth Centre, Aldinga Shopping Centre, by appointment only.

Autism SA https://autismsa.org.au/groups-programs/work-my-way/ **1300 288 476**
Offers the *Work My Way* program, which features pre-employment skills, career exploration, and practical work experience specifically for neurodiverse individuals and school leavers.

HOUSING SUPPORT

Homeless Connect SA https://www.homelessconnectsa.org/
Phone: **1800 003 308**
24 hours a day, 7 days a week. Help to find information and direct referral into homelessness services and other specialist domestic violence, Aboriginal and family violence services, youth services.

Junction https://junctionaustralia.org.au/fleurieu-kangaroo-island-services/
Phone: 8392 3060 1B Cadell St, Goolwa
Supports individuals and families experiencing or facing homelessness across the Fleurieu including emergency accommodation, counselling and support to find long term, safe and stable housing.

Aboriginal Family Support Services www.afss.com.au/youth-accommodation **08 8205 1500**
Aboriginal and Torres Strait Islander Specific Homeless Services assists Aboriginal youth between 15-25 years, who are homeless or in crisis. Olga Fudge Lodge **8205 1500** operates for females and Narungga House **8205 1500** operates for males. Both are staffed 24/7. Also has outreach services, please check with organisation for specifics.
Office of the Guardian for Children and Young People **8226 8570** www.gcyp.sa.gov.au
Advocates for the rights and best interests of children and young people in care and youth detention in South Australia. Provides advocacy on individual issues, as well as monitoring the safety and wellbeing of children and young people.

FINANCE

Services Australia www.servicesaustralia.gov.au/education
50 Harborview Terrace, Victor Harbor.
A mobile service centre visits regional areas – check website for schedule.
Young people over 16 and not in the care of their family may be eligible for their own benefits. From age 22 young people are deemed to have permanent independence.
There is government support while you study, retrain or complete an apprenticeship.
Anyone over the age of 15 can apply for their own Medicare cared.

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

Department of Education SA www.sa.gov.au
A **school card** provides assistance with school fees and other charges for eligible students.
Student Home Internet Program: Free internet access for study at home is available to students who don't have reliable internet at home. Apply via the website www.education.sa.gov.au/students/curriculum-and-learning/student-home-internet

Young Carers Network https://youngcarersnetwork.com.au/bursary/young-carer-bursary/
The Young Carer Bursary Program supports young carers to continue with their education and reduce their need to undertake paid work at the same time as their study and caring duties. Applications close September each year.

Junction https://junctionaustralia.org.au
Phone: 8392 3060 31B Cadell St, Goolwa
Free financial wellbeing counselling..

Fleurieu Community Foundation www.fleurieucommunityfoundation.org.au
Many grants and awards are available for community groups and young people. Check website for details. info@fleurieucommunityfoundation.org.au

South Coast Christian Community Care (SCCCC) (08) 8552 5029, 14 Seaview Road, Victor Harbor.
Emergency food parcels, clothing vouchers, utilities bill relief, and direct support connections for youth and families in immediate financial crisis across Victor Harbor and Goolwa.

DOMESTIC VIOLENCE

Domestic Violence Crisis Line www.1800respect.org.au
Phone: **1800 800 098**
Text: **0458 737 732**

Junction https://junctionaustralia.org.au
Phone: 8392 3060 **3**1B Cadell St, Goolwa
Support for people experiencing domestic violence.

LEGAL

Legal Services Commission https://lsc.sa.gov.au/cb_pages/youth_legal_service.php
Free Legal Helpline **1300 366 424**
The Youth Legal Service is a specialist unit of the Legal Services Commission. Lawyers act for young people involved in criminal cases in the Youth Court. If you have a legal problem, you have the right to see a lawyer and get legal advice.
Fact sheets on a range of youth related legislation include living independently, sexual consent, alcohol and drugs.
Sexual violence – young people can access free confidential advice and support through our Sexual Violence Legal Service via phone or online chat on our website

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

Youth Law Australia https://yla.org.au/
Phone: **1800 950 570**
A community legal service that is dedicated to helping children and young people and their supporters to find a legal solution to their problems. Provide free and confidential legal advice, assistance and referrals to young people and their advocates. Anyone under 25 (and their advocate) can request and receive free and confidential legal advice through an online service that is available 24/7.

SOCIAL ACTIVITIES

GOOLWA

Alexandrina Youth Theatre & Film https://www.alexandrina.sa.gov.au/connect/wellbeing/our-young-people Phone: **8555 7000**
Centenary Hall, 14 Cadell St, Goolwa Mondays 4pm to 6pm (from week 2 of term). For young people 12-18 years to learn the basics skills for acting to camera. $5 per session.

Youth United https://goolwauniting.com/about/16-children-and-youth
Phone: **8555 2589** Open Door Centre, 1 Collingwood St, Goolwa Tuesday 3.30pm to 5:30pm. For youth in years 6 to 12 (at school). Cost $3 (afternoon tea + meal provided).

Goolwa Sea Scouts
Monday: Joey Scouts 5-8 years: 6:30-8pm. Cub Scouts 8-11 years: 6:30-8pm
Thursday: Scouts 11-15 years: 6:30-8:30pm. Venturer Scouts 15-17 years: 6:30-8:30pm
Goolwa Scout Hall. Contact Ben Coventry goolwa@sa.scouts.com.au or 0439 633 404

VICTOR HARBOR

Headspace Social Programs
www.headspace.org.au/victorharbor
Phone: **8391 0123** 10 Crozier Rd, Victor Harbor
www.headspace.org.au/mountbarker Phone: **8398 4262** 30 Stephen St, Mount Barker
A range of free psychosocial groups for young people 12-25 years including art and craft, hang out, dungeons and dragons, LGBTQIA+, intergenerational programs and youth reference group.

Victor Harbor Youth Space www.victor.sa.gov.au/council-activities/community-services/youth
Youth Space, located at the Encounter Community Centre (42 Armstrong Road, Victor Harbor). A relaxed place to connect with friends, get involved in creative programs, or just chill. Wednesdays and Thursdays from 3:30pm – 5:30pm for drop-in sessions and social activities. Call the City of Victor Harbor at 8551 0500 for more information.

Nunga Youth Space www.victor.sa.gov.au/council-activities/community-services/families
Phone: 0427 726 808
The Nunga Youth Space is a place for young people (10 to 18 years) that identify as Aboriginal or Torres Strait Islander to hang out, play games, eat snacks and take part in cultural activities. Every Friday afternoon during term time from 3pm to 6pm at the Encounter Centre, 42 Armstrong Road Victor Harbor. Call the City of Victor Harbor at 8551 0500 for more information.

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

MILANG

Milang Youth Hub https://www.instagram.com/milangyouthhub

Phone: **0421 996 579** or email: loren.steenkamp@reclink.org Paddlesteamer Dr., Milang
A free social program for young people to hang out, try new activities and have fun.
Arvo Club Every Friday: 3:30pm to 5pm. for ages 8- 14
Teen Hang Every Thursday 4pm to 6pm. for ages 14+ (school terms)

MOUNT COMPASS

Mount Compass Hang Out
Fortnightly Mondays, 3:30-5:00pm at the Mount Compass War Memorial Community Centre, Peters Terrace, Mount Compass. Open to all young people aged 12 - 19 years. Everyone is welcome. Contact headspace Victor Harbor for more information on 8391 0123

STRATHALBYN

Strath Hangout
Thursdays fortnightly 3:30-5pm, at Strath Neighbourhood Centre, 6 Parker Avenue, Strathalbyn. fun and free activities for young people 12 and 19 years old. For more info and questions contact headspace Mount Barker on (08) 8398 4262

Strathalbyn Scout Group https://sa.scouts.com.au/strathalbyn//
Phone: Prue Turner 0409 815 757.
Provides a range of programs for youth aged between 5 and 26. Fun, adventurous, challenging and inclusive activities. Joey Scouts Tues 6-7.30pm, Cub Scouts Tues 6-7.30pm, Scouts Fri 6.30-8.30pm.

Strathalbyn Swimming Pool Phone: **8536 2559**
1 Colman Terrace,. Heated outdoor pool has playground equipment nearby.

SCHOOL HOLIDAY PROGRAMS

Alexandrina Arts and Culture https://www.alexandrina.sa.gov.au/discover/event-calendar/aace

Alexandrina Libraries https://www.eventbrite.com.au/o/alexandrina-libraries-26256212879

Community and Neighbourhood Centres https://www.alexandrina.sa.gov.au/connect/wellbeing/-community-centres-and-halls

Fleurieu School Holiday Program https://www.alexandrina.sa.gov.au/connect/wellbeing/school-holiday-activities

Victor Harbor Youth https://www.facebook.com/people/Victor-Harbor-Youth/100091312152106/

Yank Youth https://www.facebook.com/people/Yank-Youth/100066773646352/

YOUTH SERVICES AND ACTIVITIES IN THE FLEURIEU

YOUTH SERVICES NETWORKS

Adelaide Hills Youth Sector Network
https://www.mountbarker.sa.gov.au/services/youth
The Adelaide Hills Youth Sector Network supports coordination, collaboration and information sharing between youth-focused organisations and service providers in the Adelaide Hills, Mount Barker and Strathalbyn and surrounds. It is convened by the District Council of Mount Barker, who also deliver youth programs and initiatives through its community wellbeing team.

Southern Fleurieu Youth Network
Phone: 8551 0500 https://www.victor.sa.gov.au/council-activities/community-services/youth
The Southern Fleurieu Youth Network (SFYN) is a network for youth-focused organisations and service providers. The SFYN facilitates coordination and collaboration between youth services in the region, supports the development of youth services and facilities, and provides a forum for information exchange between youth services.