



Wellbeing

It is important to feel like we are a valued member of our community. To have the opportunity to make real choices, such as choosing the place we want to live and participating in activities or programs that we enjoy.

What is Community Wellbeing?

A community that supports people to be connected, active and remain involved in the community now and in the future.

Wellbeing is important for everyone. When we look after our physical, emotional, and social health we are often more capable of coping with other things in life and often have more confidence to stay physically and mentally healthy and feel like a valued member of our community.

These things play an important part in maintaining a socially inclusive approach to promote wellbeing through:

- Maintaining accommodation
- Developing social skills
- Building and maintaining knowledge and access to services
- Linking to specific needs services
- Accessing education, training and employment opportunities
- Access to recreation and leisure activities.

By staying connected, remaining involved and taking control you will improve your wellbeing.

Wellbeing is an individual journey and process. It can involve many things and these things are different for everyone.

Some of the things we know help us maintain our well-being are:

- Connecting with others and feeling socially connected
- Remembering what positives there are in life
- Have a stay well plan in place, either developed with a professional or with a friend or one you have developed your self
- Starting a mind map to visually track short term and long term progress and goals
- Knowing triggers and addressing them positively
- Participating in activities and programs
- Contributing to community

- Dealing with everyday stress
- Balancing energy into all areas of life
- Taking time for self
- Volunteering
- Relaxation and sleep
- Regular exercise
- Eating correctly
- Asking for help when needed

Go with what works for you, ditch what doesn't. **BE YOURSELF** and **BE KIND TO YOURSELF**.

Links

- [Emergency Relief and Referral Services - The Open Door](#) - Emergency Relief and Referral Services - The Open Door provides emergency relief and a safe place for anyone requiring help. No appointment is necessary and opening hours are weekdays (excluding public holidays) 9am – 4pm.
- [Legal Services Commission of South Australia](#) - Law For You. A short guide to migrants living in South Australia
- [Legal Services Commission of South Australia](#) - Publications to help with legal and other matters.
- [Mental Health First Aid](#) - A national not-for-profit organisation focused on mental health training and research.
- [Mental Health Triage Service](#) - The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This Service is a main point of access into mental health services, can provide advice and information on mental health emergency or crisis situation, and is staffed by mental health clinicians. If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your GP or phone our mental health triage services on 13 14 65.
- [MindShare](#) - On mindshare you will find artwork, short stories, poetry, photography, original music recordings, mini documentaries, digital stories and blogs submitted by people with lived experience of a mental health problem or illness, as well as their carers, sector workers and friends. You will also find information from the sector both political and current, information on services and how to gain access to assistance for those in need.
- [SHine SA](#) - A not-for-profit provider of primary care services and education for sexual and relationship wellbeing.
- [YMCA of South Australia's recreation database Info-Link](#) - This database contains a huge range of recreational and social opportunities to explore and choose from, including: sports, arts, games and personal development activities. We hope this information will inspire people of all backgrounds and abilities to get involved in their community by participating in recreational activities.



Wellbeing

Making an Action Plan

Making an Action Plan

An action plan can assist you to understand early warning signs of potential relapses or feelings of not being well. It can allow you to put some coping mechanisms in place as quickly as possible.

The earlier you pay attention to what's wrong, the better your chances of getting back on track, and staying well.

Allow yourself to ask for help. Get advice from the people you trust, such as a GP, a counsellor, family or a friend.

You are often the expert when it comes to identifying the support or changes you need and how to manage your triggers for poor mental health. The plan will work better when it is written by you: expressing your own personal choice, reflecting your voice and your personal experience, needs and wants.

To help you put together a good action plan that you will be able to work with . Download the Action Plan and Action Plan Considerations below.

Downloads

Action Plan and Action Plan Considerations

Use this tool to develop an Action Plan.

[Action-Plan-and-Action-Plan-Considerations.pdf](#)[218.05kb]

 Download

Links

- [NewAccess - Coaching Program](#) - NewAccess is a beyondblue program that provides free and confidential support to help you tackle day-to-day pressures. A NewAccess coach, specially trained and experienced, will support you in setting practical goals that will get you back on track



Wellbeing

Feeling Stressed?

Keeping a health mind-set will help our whole wellbeing, from the way we feel (our thoughts and feelings), to how we physically feel (the way our body reacts). It is important to recognise what triggers these feelings, thoughts and physical reactions.

There are many things in our lives that we will experience each day. These things can contribute to feeling like we are under pressure, stressed out, not able to do things like we would like to, have less energy and generally not feeling ourselves.

These experiences may include:

- Relationship issues (relationship breakdown, having a heavy heart, disagreements and stressful events)
- Financial issues (worrying about money, not being able to pay bills or find employment)
- Employment issues (a job that makes you unhappy, or not being employed)
- Caring for everyone else but leaving you without time to care for yourself
- Events (Christmas, family grief, emergency situations)
- Time (not having enough time to do all the things we want, feeling rushed all the time)
- Being disorganised (living in clutter and not organising our daily activities)

Sometimes we may need extra help to feel well and to ensure that we are safe, and that our wellbeing and our family's wellbeing is healthy and what we want for ourselves and our families.

If you are experiencing things that are making you feel like you are not yourself you can:

- Become aware of your breathing, try and take some deep, long breaths
- Think about what is really going on, and ask yourself about it, how it makes you feel and what you could do to help the situation
- Go for a walk or some other safe physical activity
- Sit down for a minute, take some deep breaths and repeat some positive statements to yourself that will help you feel calm and in control
- Find a family member, friend or other supporter and have an outing or sit and talk over a cuppa. Talking over a cuppa can help us look at the situation differently and provide relief
- Being part of a regular group activity (i.e. yarning circle, support group, sporting club)
- Have a place that you can go to that is comfortable and safe and go there to have some timeout, letting someone know where we are going will help us feel safe even if we want to be alone
- If you have feelings that are making you feel unsafe, it is important to remember you are not alone and there is help available.

If you are still feeling like you would like some extra help, because you are still not finding dealing with the experience easy you can contact:

LifeLine Phone: 13 13 44

Kids HelpLine Phone: 1800 55 1800

Suicide Callback Service Phone: 1300 659 467

Mens Line Phone: 1300 78 99 78


Veterans Line Phone: 1800 011 046

NewAccess Phone: 1800 010 630 or visit beyondblue.org.au/NewAccess

Downloads

Aboriginal Family Support Services (AFSS) - Circle of Security Parenting

This resource provides information about the Circle of Security program run by the Aboriginal Family Support Services (AFSS). It focuses on attachment, which is what makes a child feel safe, secure and protected.

 [Aboriginal-Family-Support-Services-\(AFSS\)--Circle-of-Security-Parenting-.pdf](#) [439.38kb]

 Download

Links

- [ASIC Money Smart - Indigenous](#) - This link provides information written for Aboriginal and Torres Strait Islander people about budget matters, mobile phones, getting help with money matters, Outreach programs and financial support.
- [Aboriginal and Torres Strait Islander - Parents, Carers and Families](#) - Family and Community Services, NSW Government website. This provides downloadable resources for Aboriginal Parents, Carers and Families. 'Raising them Strong' Booklets and Cards and other resources are available and specific information regarding NSW Indigenous Communities.
- [GROW](#) - Grow is a caring and supportive, community based organisation that has developed a unique program for improving and maintaining mental wellbeing. In a safe and confidential environment, members come together on a weekly basis to participate in an organised program. The meetings last approximately two hours and are followed by refreshments.
- [Mental Health Triage Service](#) - The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This Service is a main point of access into mental health services, can provide advice and information on mental health emergency or crisis situation, and is staffed by mental health clinicians. If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your GP or phone our mental health triage services on 13 14 65.
- [NewAccess - Coaching Program](#) - NewAccess is a beyondblue program that provides free and confidential support to help you tackle day-to-day pressures. A NewAccess coach, specially trained and experienced, will

support you in setting practical goals that will get you back on track

- [YMCA of South Australia's recreation database Info-Link](#) - This database contains a huge range of recreational and social opportunities to explore and choose from, including: sports, arts, games and personal development activities. We hope this information will inspire people of all backgrounds and abilities to get involved in their community by participating in recreational activities.



Wellbeing For Your Mind

Family, Friends and Volunteering

Having good friends, family and positive role models in your life will give you the best chance to be happy, to share events and milestones along with helping deal with life's challenges.

Community involvement can help you link with other people who may be in the same or similar situation as you, enjoy similar interests and provide services that can help you navigate your way forward. You could become a volunteer at variety of organisations that may cater to your needs and wants. Getting involved can create a happier, healthier future.

For Your Mind

Keeping a health mind-set will help our whole wellbeing from the way we feel (our thoughts and feelings) to how we physically feel (the way our body reacts). It is important to recognise what triggers these feelings (like having a heavy heart), thoughts and physical reactions. You can download our Mind Health Toolkit.

Triggers might include:

- Relationship issues (relationship breakdown, having a heavy heart, disagreements and stressful events)
- Financial issues (worrying about money, not being able to pay bills or find employment)
- Employment issues (a job that makes you unhappy, or not being employed)
- Caring for everyone else but leaving you without time to care for yourself
- Events (Christmas, family grief, emergency situations)
- Time (not having enough time to do all the things we want, feeling rushed all the time)
- Being disorganised (living in clutter and not organising our daily activities)
- Feelings (the way we feel about a situation may be different to how the situation actually is)

Physical activity can help to keep a healthy mind. Some of you may like to join a sports club, a yoga or meditation group, play chess or join a book club at your local community centre. These centres offer free classes that will contribute to your physical health, there are many different types of activities that you can participate in. Contact

Dealing with the way we feel (physically)

Sometimes we may feel our body reacting to physical stress. This might be that we feel our muscles tensing up, or we get a headache or feel unwell. If you feel that you are experiencing these physical signs of stress you can do things to help you cope. You can:

- Go for a walk or some other safe physical activity
- Sit down for a minute, take some deep breaths and repeat some positive statements to yourself that will help you feel calm and in control
- Find a family member, friend or other supporter and have an outing or sit and talk over a cuppa, talking over a cuppa can help us look at the situation differently and provide relief
- Being part of a regular group activity (i.e. yarnning circle, support group, sporting club)
- Have a place that you can go to that is comfortable and safe and go there to have some timeout, letting someone know where we are going will help us feel safe even if we want to be alone
- If you have feelings that are making you feel unsafe, it is important to remember you are not alone and there is help available.

For more information and resources, visit our [Resources Page](#).

Community Involvement - Becoming a volunteer

Becoming a volunteer can be very rewarding. You gain some new work skills; meet new people and becoming more involved with your local community. You may even obtain employment through showing that you are a reliable hard working volunteer, and by highlighting your skills.

Volunteering can help us become part of something, have purpose and feel motivated in our daily lives.

Go to the [Volunteering SA website](#) for more information.

Community Gardens

MarionLIFE Community Garden. It is a welcoming, safe and colourful space where people can come to build friendships, learn, share, relax and inspire others. The garden is open Tuesday and Thursday mornings from 9:30am-12noon. We also help you learn how to set up a sustainable and enjoyable vegetable garden in your own backyard. Ask us how. 887 Marion Rd, Mitchell Park, enter via Alawoona Avenue and follow green signs to the garden.

Downloads

Community Involvement Toolkit

Use this tool to become more involved in the community.

[Community-Involvement-Toolkit.pdf](#) [307.51kb]

 Download

Mind Map

Use this tool to map out what is going on in your mind.

[Mind-Map.pdf](#) [187.35kb]

 Download

Wellbeing Mind Health Toolkit

Use this tool to improve your mind health.

[Wellbeing-Mind-Health-Toolkit.pdf](#) [273.79kb]

 Download

Links

- [Community Centres SA](#) - To build the strength, capacity and influence of the community and neighbourhood centres sector through advocacy, workforce and organisational development.
- [Community Gardens](#) - There are over 50 community gardens in South Australia. This website will help you find a garden that you may become involved with.
- [Mental Health Triage Service](#) - The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This Service is a main point of access into mental health services, can provide advice and information on mental health emergency or crisis situation, and is staffed by mental health clinicians. If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your GP or phone our mental health triage services on 13 14 65.
- [YMCA of South Australia's recreation database Info-Link](#) - This database contains a huge range of recreational and social opportunities to explore and choose from, including: sports, arts, games and personal development activities. We hope this information will inspire people of all backgrounds and abilities to get involved in their community by participating in recreational activities.



Wellbeing

Food for Wellbeing

Being able to prepare healthy meals for yourself and your family is an important life-skill, which builds your independence and confidence. Food can play a vital role in maintaining overall health and wellbeing.

Eating a nourishing, balanced diet helps to give people an overall sense of wellness. Staying well is an individual journey and process, it can involve many things and these things are different for everyone.

Eating the foods that contribute to a healthy diet will help us to feel physically well and mindful, we will be able to think more clearly about our daily activities and challenges, as well as increase our opportunities for participation within the community. You may like to become involved in a 'Foodies' volunteer program or cook more of your meals with your friends and family.

Food for wellbeing is:

- Connecting with others and feeling socially connected through preparing meals together
- Knowing triggers and addressing them positively, rather than overeating
- Participating in activities and programs that help keep us active
- Eating a balanced diet to ensure we have all the energy and ability to think in all areas of life.
- Taking time for self, like sitting down with a cup of tea or coffee, clearing our minds
- Regular exercise and healthy diet
- Asking for help when needed

Learn more about food in the [Cooking module](#).

Downloads

Aboriginal Family Support Services (AFSS) - Healthy Homes and Resilient Families

This resource provides information about a program run by the Aboriginal Family Support Services (AFSS) which aims to give Aboriginal and Torres Strait Islander families practical ways to manage money and to provide suggestions on how to make healthy food choices.

[Aboriginal-Family-Support-Services-\(AFSS\)-Healthy-Homes-and-Resilient-Families-.pdf](#) [503.97kb]

 Download

Australian Guide to Healthy Eating

Use this resource as a guide for healthy eating.

[Australian-Guide-to-Healthy-Eating.pdf](#) [316.36kb]

 Download

Recipe - Baked Potato

These recipes were developed by a group of volunteers from Foodbank and UnitingCare Wesley Bowden Community Foodies who worked alongside OPAL Charles Sturt. The recipes were designed to require only minimal cooking equipment - many can be produced using basic kitchenette facilities. They are easily adapted to use up whatever foods you have on hand from your fridge, pantry or garden.

[Recipe---Baked-Potato.pdf](#) [1,875.35kb]

 Download

Recipe - Mug Omelette

[Recipe---Mug-Omelette.pdf](#) [1,402.88kb]

 Download

Recipe - Poached Egg

[Recipe---Poached-Egg.pdf](#) [1,515.62kb]

 Download

Recipe - Tuna Salad

[Recipe---Tuna-Salad.pdf](#) [2,310.93kb]

 Download

Links

- [Community Foodies Co-Op](#) - SA Community Foodies is a South Australian nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ('Foodies') to act as agents for change.
- [Community Foodies Cookbook](#) - Recipes from Community Foodies SA.
- [Eat for Health](#) - Australian Government advice about the amount and kinds of foods that we need to eat for health and wellbeing.
- [Healthy Food Guide Recipes](#) - Discover healthy recipes and articles and gain some expert advice.



Wellbeing

Preparing to go out

Things to help you in preparing for an appointment, work, catching up with a friend, volunteering, going to school, TAFE or a community course.

Know how long you take to wake up and set your alarm to allow at least half an hour to get ready. There are things you can do the night before that will help you get ready to be able to leave on time and have a successful day.

Preparing the night before

- Have an idea of what clothes you are going to wear the night before, it just makes things easier in the morning.
- If possible, make your lunch the night before or at least pack most of it and prepare a sandwich in the morning.
- What is even easier is making lots of sandwiches and freezing them.
- Try not to drink coffee or alcohol, or smoke too much straight before bed, you will be too hyped up to sleep and may not be able to wake up in the morning.
- Getting the right amount of sleep is important. Eight hours is optimal and the more hours before midnight the better.
- If you go out, try and get home at a reasonable hour. When it comes to your friends, try and leave heavy socialising for the weekends.
- You may have to learn to say 'no' if people want to come over every night.
- Figure out what is important to you and what works best for you, and try to be happy with your own company sometimes.
- Don't leave the TV on all night in your room. It's even better to watch it in the lounge and just go to bed to sleep.
- If you are watching in bed use a timer if your TV has one.
- Try to do all chores when you get home each day so you can relax once you have cooked tea, tidied up and done the dishes, and are ready for the next day.
- Set yourself a reminder for the morning.

Use a reminder

- Most people have at least one tool they use to help them remember what they have to do (like your phone).
- Diaries, to do list, appointment books, calendars and smart phones are common examples: everyone's

different in how they keep track of the events in their lives.

- However it looks, this kind of tool is often referred to as a “visual timetable”. Some people also call it a “visual schedule”.

Personal hygiene

- Keep clothes and person clean and tidy.
- Don't leave clothes on the floor – apart from them getting smelly and squashed up, they can get spiders and bugs in them.
- Wear clean underwear and socks every day.
- Use deodorant each day.
- Brush hair and teeth each day
- Have clean nails.
- It is important to wash towels and clothes regularly – this will keep them fresh: smelly towels and clothes will transfer onto a person's body even if showering each day.

To help you consider what you may need to do to go out, check out our *Planning a Trip* below.

Find out more about Transport, concessions, and rideshares [here](#).

Downloads

Planning a Trip

Use this tool to help you get ready to go out.

 [Planning-a-Trip.pdf](#) [200.28kb]

 Download



Wellbeing Literacy

Reading and writing is a skill that we all have. Some of us are able to do this better than others. If you struggle to read and write – don't be afraid to seek help. There are several organisations that provide FREE training and support; ask your employment provider, seek out support at your local community centers and libraries.

There are also many free Apps on the market which convert speech to text, to email and word documents - search voice recognition, say mail and speech to text, @ Google, iTunes, android and windows.

Computers and Internet

Using a computer in the new world is an important skill to have. It can help you prepare for employment, keep connected with your friends and family and the broader community and can provide you with information.

Some organisations can provide you with inexpensive good working computers to help you get connected along with inexpensive internet and self-paced free training online. Check out the websites below:

- Aspitech - <http://www.aspitech.com.au/>
- Forward IT - <http://www.forwardit.sa.gov.au/>
- Green PC - <http://www.greenpc.com.au>
- Workventures - <http://www.workventures.com.au/connectit>

There are also a number of organisations that offer free or low cost computer training. Check out the websites below:

- [SA Government Directory](#)
- [Libraries of SA](#)

Links

- [Aboriginal Program Assistance Scheme \(APAS\)](#) - Use this resource to find education programs / resource for Aboriginal and Torres Strait Islander students and parents in South Australia.
- [Adelaide Hills Council](#)

- [Blue Chilli \(South\)](#) - This site is a place for young people, employers, parents, teachers and members of our community to discover information and resources for career development and the world of work.
- [City of Norwood Payneham & St Peters](#)
- [City of Onkaparinga](#)
- [City of Playford](#)
- [City of Port Adelaide Enfield](#)
- [City of Tea Tree Gully](#)
- [Flexible Learning Options \(FLO\)](#) - FLO is a student enrolment strategy aimed to assist school and the wider community in supporting successful engagement and retention of young people in secondary school to the age of 20 identified at risk of disengaging from a mainstream school based learning program.
- [Interskills Training](#) - An accredited provider of disability employment services, recruitment, workplace rehabilitation and training services and programs.
- [Libraries of SA](#) - This resource provides access to the South Australian Public Library Network. South Australia's 140 public libraries work collaboratively to provide a service to all South Australians. The network operates within a Memorandum of Agreement between state and local government. This agreement provides the framework within which both parties contribute to ensuring that all South Australians have access to modern, free public library services.
- [Literacy and Clinical services](#) - Assistive technology links to assist with literacy.
- [SA Community Adult Language, Literacy & Numeracy Programs in the City of Onkaparinga](#)
- [SA Government Literacy and Numeracy](#) - Find government information about literacy and numeracy programmes and activities.
- [South Australian Council for Adult Literacy](#) - The South Australian Council for Adult Literacy Inc (SACAL) is a voluntary, non-profit organisation that assists in the development and promotion of language, literacy and numeracy practices, services and resources.
- [Speech Recognition Software](#) - Find out how speech recognition software can assist in producing electronic documents.
- [The Smith Family](#) - The Smith Family is a children's charity helping disadvantaged Australian children to get the most out of their education, so they can create better futures for themselves.
- [WEA Adult Learning](#) - The WEA provides learning opportunities for anyone aged 15 years or older (in most courses - there are some age restrictions on individual courses). There are generally no pre-requisites for courses and no assessment or exams
- [WorkReady - Skills and Employment](#) - This website provides information about the training system and the government subsidised training available from institutions such as TAFE, universities, and apprenticeships in South Australia.



Wellbeing Pets

Pets are wonderful companions, they also provide significant psychological and physiological benefits to owners. In addition, pets help the development of caring and responsibility in our children, improve feelings of safety and help create social bridges in our communities [i].

Remember that a pet is a long term commitment - dogs are at least a ten year commitment and cats are at least twelve years, costing owners upwards of \$1,000 per year, and that's if no major veterinary issues occur. You need to think about veterinary costs, the daily commitment to training and exercising pets, and boarding fees when you go on holidays. You will need to factor this into your budget each week so they are cared for correctly.

Looking after your Pet

The benefits of **desexing** your pet range from the betterment of your pet's health to reducing emotional and financial animal welfare costs to the community as a whole. This is an important part of looking after our pet and our family. Some council's and rescue organisations can help low income earners offset the costs of pet desexing.

Go to the [ARRR](#) website to find a comprehensive list of the organisations who could help you.

It is also important to keep your pets happy so that they do not become a nuisance or a problem for you and your neighbours. Seek vet care, keep their vaccinations up-to-date, feed them pet food and play with them.

If for some reason you are unable to continue to care for an animal there are organisations where you can 'surrender' the animal.

- [Animal Welfare League](#)
- [Paws and Claws](#)
- [RSPCA](#)
- [SA Dog Rescue](#)

Assistance Dogs

Your dog could be formally recognised to assist you in your daily life.

Visit the [A.W.A.R.E dogs](#) website to find out more.

A.W.A.R.E facilitate the use of all types Assistance and Therapy dogs for the education, rehabilitation, healing, and aid of distressed ill or disabled individuals.

[i] Taken from The power of Pets, Australian Companion Animal Council
http://www.acac.org.au/pdf/PowerOfPets_2009_19.pdf

Downloads

Saving Money and Pets

Use this tool to learn more about saving money with pets.

 [Saving-Money-and-Pets.pdf](#) [200.50kb]

 Download

Links

- [Adelaide Hills Council](#)
- [City of Norwood Payneham & St Peters](#)
- [City of Onkaparinga](#)
- [City of Playford](#)
- [City of Port Adelaide Enfield](#)
- [City of Tea Tree Gully](#)



Wellbeing

Wellbeing Resources

There are many places that can assist in the every day living experiences where we may be facing issues, or a tough day. Explore this page to find services available.

Phone Numbers

Mental Health Triage 131465

Domestic Violence Crisis Service 1300 782 200

Victim Support Services 1800 842 842

Downloads

Aboriginal Family Support Services (AFSS) - Circle of Security Parenting

This resource provides information about the Circle of Security program run by the Aboriginal Family Support Services (AFSS). It focuses on attachment, which is what makes a child feel safe, secure and protected.

[Aboriginal-Family-Support-Services-\(AFSS\)--Circle-of-Security-Parenting-.pdf](#) [439.38kb]

 Download

Aboriginal Family Support Services (AFSS) - Healthy Homes and Resilient Families

This resource provides information about a program run by the Aboriginal Family Support Services (AFSS) which aims to give Aboriginal and Torres Strait Islander families practical ways to manage money and to provide suggestions on how to make healthy food choices.

[Aboriginal-Family-Support-Services-\(AFSS\)--Healthy-Homes-and-Resilient-Families-.pdf](#) [503.97kb]

 Download

Oral Health Information - How to Brush Your Teeth

This easy to read card will help you understand how to brush your teeth, step-by-step (A5 size). Provided by SA Dental, Department of Health, Government of South Australia.

[Oral-Health-Information---How-to-Brush-Your-Teeth.pdf](#) [895.23kb]

 Download

Oral Health Information - Medications and your oral health

Sometimes medications may cause you to have a dry mouth which increases your risk of tooth decay, oral infections and gum disease. This information will help you manage your oral health and medications. Provided by SA Dental Service, Department of Health, Government of South Australia.

[Oral-Health-Information---Medications-and-your-oral-health.pdf](#) [278.95kb]

 Download

Oral Health Information - Quick Tips

Quick oral health care tips to maintain and improve your oral health.

[Oral-Health-Information---Quick-Tips.pdf](#) [187.84kb]

 Download

Oral Health Information - SA Dental Service Clinic List

Need help with managing your Oral Health? To be eligible to attend a Community Dental Clinic, adults (or their adult dependents) need a current Centrelink Pensioner Concession Card or Health Care Card. Clients are usually required to pay a contribution to the cost of their care. Staff will discuss fees before starting treatment. At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

[Oral-Health-Information---SA-Dental-Service-Clinic-List.pdf](#) [43.62kb]

 Download

Oral Health Information - Your Oral Health

Your oral health is important, this poster will help with ideas and tips, for managing your oral health, in a step-by-step approach (A4 Poster). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [528.59kb]

 Download

Oral Health Information - Your Oral Health

This information will help you understand that a healthy mouth is important to your general health and wellbeing (A4 size). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [4.10kb]

 Download

Links

- [ASIC Indigenous Outreach Program](#) - This program provides information to Indigenous consumers, business and organisations. Call the Indigenous Outreach Program helpline on 1300 365 957 or visit the website to find out more.
- [ASIC Money Smart - Indigenous](#) - This link provides information written for Aboriginal and Torres Strait Islander people about budget matters, mobile phones, getting help with money matters, Outreach programs and financial support.
- [ASIC Money Smart - Sudanese Arabic](#) - This page contains Sudanese translations of MoneySmart content. To view the publications below in English, go to publications. To access the audio and photo stories in English, go to the Money management kit for community settlement workers.
- [Aboriginal Family Support Services \(AFSS\)](#) - Community Safety and Wellbeing for Aboriginal and Torres Strait Islander people of South Australia.
- [Aboriginal Program Assistance Scheme \(APAS\)](#) - Use this resource to find education programs / resource for

Aboriginal and Torres Strait Islander students and parents in South Australia.

- [Aboriginal Transitional Housing and Support Service \(ATHOS\) Adelaide](#) - ATHOS provides emergency, short and long term accommodation and support. Transitional accommodation in a 24hr staffed facility. Long Term accommodation in 4 houses in northern suburbs. Support for safe 'return to country'. Case management and support.
- [Aboriginal and Torres Strait Islander - Parents, Carers and Families](#) - Family and Community Services, NSW Government website. This provides downloadable resources for Aboriginal Parents, Carers and Families. 'Raising them Strong' Booklets and Cards and other resources are available and specific information regarding NSW Indigenous Communities.
- [Aboriginal and Torres Strait Islander Drug and Alcohol Services](#) - The Aboriginal Connection Program is a dedicated alcohol and other drug treatment service for Aboriginal people within the inner city and metropolitan areas of Adelaide. The program provides services to clients that frequent New Roads Centre (formally known as Byron Place Community Centre) and Hutt Street Centre which are agencies that provide services to vulnerable people and people who are homeless or at risk.
- [Adelaide Hills Council](#)
- [Alcohol and Drug Information Service \(ADIS\)](#) - ADIS is a confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals. ADIS is staffed by trained professionals with experience in the alcohol and other drug field. ADIS also provides information about how to access other services including information about available prescribers and pharmacies.
- [Anxietyonline](#) - An internet-based treatment clinic for people with anxiety problems.
- [Australian Psychological Society \(APS\)](#) - Psychologists are experts in human behaviour. They study the way that people think, feel, learn and behave and use this expertise to develop evidence-based strategies and interventions to help people overcome challenges and lead happier, healthier and more productive lives. Find more information by visiting this page about Psychology Health Topics.
- [Australian Psychological Society \(APS\) - Find a Psychologist](#) - Find a Psychologist through the APS.
- [Beyond Blue](#) - beyondblue creates mentally healthy environments and supports people across Australia – whatever their age and wherever they live.
- [Blackdoginstitute](#) - The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.
- [Blue Chilli \(South\)](#) - This site is a place for young people, employers, parents, teachers and members of our community to discover information and resources for career development and the world of work.
- [Bowden Brompton Community Centre](#)
- [Carers SA](#) - Carers provide care and ongoing support to family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged. We consult with carers and work closely with government and other support organisations to improve the lives of caring families throughout South Australia.
- [Centacare Limestone Coast Domestic Violence Service](#) - Women and children who experience domestic violence in the Limestone Coast region.
- [Centre for Clinical Interventions - Resources](#) - If you suffer from a condition that is affecting your mental health and are looking for specific information about different types of problems then the information packages (InforPax) from CCI may be relevant to you. The InfoPax consist of a number of modules that you can complete online, or you can save the modules to your computer and work through them onscreen in your own time.

Alternatively, you can print out the modules and work through them by hand.

- [City of Charles Sturt](#)
- [City of Norwood Payneham & St Peters](#)
- [City of Onkaparinga](#)
- [City of Playford](#)
- [City of Playford Community Food Co-Op](#) - At the Playford Food Co-ops our aim is to provide low-cost nutritional food products and grocery items at reasonable prices. We provide cost effective, nutritious food and meal choices, meal preparation and shopping advice and tasting sessions.
- [City of Port Adelaide Enfield](#)
- [City of Tea Tree Gully](#)
- [Community Centres SA](#) - To build the strength, capacity and influence of the community and neighbourhood centres sector through advocacy, workforce and organisational development.
- [Community Foodies Co-Op](#) - SA Community Foodies is a South Australian nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ('Foodies') to act as agents for change.
- [Community Gardens](#) - There are over 50 community gardens in South Australia. This website will help you find a garden that you may become involved with.
- [Department of Immigration and Border Protection](#) - This website provides information for individuals and travellers visiting Australia including: visiting Australia, entering or leaving Australia, life in Australia, visa support, importing or buying from overseas, studying in Australia, working in Australia, bringing your family or partners, refugee and humanitarian, Australian Citizenship and more.
- [Department of Social Services - Settlement and Multicultural](#) - The Department of Social Services works to improve the lifetime wellbeing of migrants and refugees settling in Australia by responding to their specific needs, encouraging their independence and participation in the Australian community. They support a productive, harmonious and diverse society for all Australians.
- [Diamond House - Clubhouse](#) - Diamond House is a community mental health programme that supports individuals who have the lived experience of mental illness. Through participation in Diamond House, people are given opportunities to explore friendships, rebuild links with family, participate in Work-Ordered Day, educational activities and employment options.
- [Domestic Violence and Aboriginal Family Violence gateway service](#) - A range of support services is available including assistance with housing, legal and income support issues. Multilingual, multicultural workers provide culturally responsive services for Aboriginal women and women from non-English speaking backgrounds. Services also include emergency and short term supported accommodation and domestic violence counselling.
- [Eastern Adelaide Generic Homelessness Service](#) - For adults who are homeless or at risk of homelessness in the Eastern Adelaide region.
- [Eat for Health](#) - Australian Government advice about the amount and kinds of foods that we need to eat for health and wellbeing.
- [Emergency Relief and Referral Services - The Open Door](#) - Emergency Relief and Referral Services - The Open Door provides emergency relief and a safe place for anyone requiring help. No appointment is necessary and opening hours are weekdays (excluding public holidays) 9am – 4pm.
- [Family Mediation and Relationships](#) - Relationships Australia provides relationship support services to enhance

human and family relationships. These services are offered in many locations across Australia.

- [Family by Family](#) - In-home coaching for families.
- [Flexible Learning Options \(FLO\)](#) - FLO is a student enrolment strategy aimed to assist school and the wider community in supporting successful engagement and retention of young people in secondary school to the age of 20 identified at risk of disengaging from a mainstream school based learning program.
- [GROW](#) - Grow is a caring and supportive, community based organisation that has developed a unique program for improving and maintaining mental wellbeing. In a safe and confidential environment, members come together on a weekly basis to participate in an organised program. The meetings last approximately two hours and are followed by refreshments.
- [Gay and Lesbian Community Services SA & NT](#) - GLCS is an organisation that provides free, reliable and culturally appropriate information, peer telephone support. They act as an advocacy and referral services in matters relating to sexuality and sexual health with the aim to empower individuals to make informed decisions in these areas of their lives.
- [Grief and Loss Resources and Tools](#) - Grief.com provides a range of resources and tools to help guide you through situations you may be facing
- [Headspace](#) - headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.
- [Help to Quit Smoking](#) - This website provides information and resources to help you to quit smoking.
- [Hoarding and Squalor SA](#) - A South Australian Service and Support Guide assists the general public and service professionals to navigate their way through local services and provides guidance and strategies to use when dealing with instances of hoarding and/or squalor.
- [HomePlace](#) - HomePlace is an organisation that seeks to establish, manage and maintain a range of accommodation support services for adults living with intellectual and cognitive disabilities and support the rights of people with an intellectual or cognitive disability to have a quality of life that is comparable to those living without disability.
- [Homelessness service provider directory](#) - This SA Government website provides link to organisations that offer a range of community support and information services in addition to specific homelessness programs. The website is organised into categories such as families, adults, young people, and Aboriginal and Torres Strait Islander people.
- [Kangaroo Island Children's Services](#) - Kangaroo Island Children's Services Inc is a community based integrated service, managed by a Governing Council of parents providing quality accredited care and pre-school education.
- [Karpandi Women's Program](#) - This program supports Aboriginal women elders in meeting the needs of independent living at home. Services include information, counselling, advocacy, group activities and excursions, support in day to day tasks such as shopping and banking, transport to appointments and meals
- [Life Without Barriers](#) - Life Without Barriers provides care and support services across Australia in urban, rural and remote locations. Services include family support and out-of-home care, disability services, home and community care for older Australians, support to refugees and asylum seekers. We also work in the areas of mental health, homelessness and youth justice and we have a strong commitment to Reconciliation and delivering culturally sensitive programs.
- [LifeLine](#) - Crisis support and suicide prevention.

- [Make a Will, Red Cross](#) - Red Cross Wills Days make it easy for you to make or update a simple Will from just \$75. You can book an appointment by filling out the contact form on the website or by calling 1800 811 700.
- [Mens Shed SA](#) - The South Australian Men's Shed Association (SAMSA) was established in 2012 as the peak body representing men's sheds – in all their various incarnations – in SA. SAMSA is affiliated with the Australian Men's Sheds Association, which is the national organisation representing the interests of Men's Sheds around Australia.
- [Mental Health Australia](#) - Mental Health Australia is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector and committed to achieving better mental health for all Australians
- [Mental Health Triage Service](#) - The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This Service is a main point of access into mental health services, can provide advice and information on mental health emergency or crisis situation, and is staffed by mental health clinicians. If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your GP or phone our mental health triage services on 13 14 65.
- [Migrant Resource Centre](#) - The Australian Migrant Resource Centre (AMRC) is an independent, non-government, leading settlement agency servicing all of South Australia. The AMRC's purpose is to support the effective settlement and participation of people from refugee and migrant backgrounds, particularly those who are new arrivals to South Australia. Using a community development approach, the AMRC supports new arrivals to contribute effectively to South Australia's society, culture, economy and environment.
- [Mind Health Connect](#) - The mindhealthconnect website aggregates mental health resources and content from the leading health focused organisations in Australia. You can access a range of mental health resources including online programs, fact sheets, audio and video, and online communities.
- [Mind Tools](#) - Essential tools and resources for wellbeing.
- [MindShare](#) - On mindshare you will find artwork, short stories, poetry, photography, original music recordings, mini documentaries, digital stories and blogs submitted by people with lived experience of a mental health problem or illness, as well as their carers, sector workers and friends. You will also find information from the sector both political and current, information on services and how to gain access to assistance for those in need.
- [National Accreditation Authority for Translators and Interpreters](#) - Our mission, as outlined in the NAATI Constitution, is to set and maintain high national standards in translating and interpreting to enable the existence of a pool of accredited translators and interpreters responsive to the changing needs and demography of the Australian community.
- [National Health Services Directory](#) - The National Health Services Directory is a joint initiative of all Australian governments, delivered by Healthdirect Australia, to enable health professionals and consumers access reliable and consistent information about health services.
- [National Translation Service](#) - Help for non-English speakers, support for interpreters and translating and interpreting services.
- [Neami National](#) - Neami National is a community mental health service supporting people living with mental illness to improve their health, live independently and pursue a life based on their own strengths, values and goals.
- [NewAccess - Coaching Program](#) - NewAccess is a beyondblue program that provides free and confidential support to help you tackle day-to-day pressures. A NewAccess coach, specially trained and experienced, will

support you in setting practical goals that will get you back on track

- [Parenting SA](#) - Parenting SA promotes the value of parents and the important role of parenting. It provides access to a range of resources and information services.
- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300 364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.
- [Partners In Recovery](#) - The Partners in Recovery program works with the community, primary health care providers and partner organisations to provide high quality, person centred, equitable and accessible healthcare and support to the local community.
- [Person Centred Planning](#) - Always remember you need to have a good relationship with your client first and a good grasp of the program you are recommending. You can't be mucking around working out how to use it, or they'll look at you as though you are unprofessional. Never forget one size does not fit all – not everyone is interested in technology. Always, go through the program with them and demonstrate how it works. Some clients will dislike one app while others will love it.
- [Positive Life SA](#) - Positive Life SA is committed to meaningful, relevant and strategic engagement with people living with HIV and will engage with 'communities of interest' to build capacity, promote information exchange, increase our organisational expertise, and value-add to members of those communities of interest.
- [Psychology SA and CEDAS](#) - Psychology SA is a psychology practice based in Bowden (adjacent to North Adelaide) which provides psychological assessment for children along with treatment and support for children and adults. Psychology SA is committed to using the latest assessment tools and providing evidence based therapeutic approaches to help people achieve positive change, reduce emotional distress and lead rich and fulfilling lives.
- [R U OK?](#) - R U OK? is a not-for-profit organisation whose vision is a world where we're all connected and are protected from suicide.
- [ReachOut.com](#) - Going through a tough time, help is here when you need it.
- [SA Health - Clinic 275](#) - Free and confidential sexual health testing.
- [SA Health Sexual Health Services](#)
- [SA Health – Mental Health](#) - For information about mental health and mental illness
- [SANE Australia](#) - SANE Australia is a national charity helping all Australians affected by mental illness and help people improve their lives and reduce the risk of suicide.
- [Salvation Army Assistance](#) - The Salvation Army can offer a range of support services such as homeless and accommodation, alcohol and drug services, financial counselling, employment, youth issues, problem gambling. Access their website to find out more.
- [Seniors Information Services Inc](#) - Seniors Information Service (SIS) is a charitable and inclusive organisation providing information, support, programs and advice to South Australians on the ageing and disability journey.
- [Survivors of Torture and Trauma Assistance and Rehabilitation Service \(STTARS\)](#) - STTARS is a non-government, not for profit organisation with no political or religious affiliations. STTARS assists people from a refugee and migrant background who have experienced torture or been traumatised as a result of persecution, violence, war or unlawful imprisonment prior to arrival in Australia.
- [The Smith Family](#) - The Smith Family is a children's charity helping disadvantaged Australian children to get the most out of their education, so they can create better futures for themselves.
- [Tough Love South Australia](#) - A self-help program for parents, kids and communities struggling with

unacceptable adolescent behaviour.

- [UnitingCare Wesley Bowden - Community Foodies](#) - SA Community Foodies is a South Australian Nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ("Foodies") to act as agents for change.
- [UnitingCare Wesley Bowden - Financial Counselling](#) - UCWB Financial Counsellors provide information, support and advocacy to people in financial difficulty. We provide a free, non-judgemental and confidential service.
- [UnitingCare Wesley Bowden- Inner Southern Homeless Service](#) - The Inner Southern Homelessness Service is a regional homelessness gateway and service hub, which facilitates a combination of on-site, community-based outreach and in-home support. They assist people who may be: homeless, at risk of losing their tenancy, residing in a boarding house, or on a wait list for accommodation. Primarily operating across the City of Marion, the City of Holdfast Bay and the City of Mitchum, they are not restricted to providing services to clients residing in these council areas. Th
- [UnitingCare Wesley Bowden- Young Carers Program](#) - The Young Carer Program supports Young Carers, who live in the North and West metropolitan areas of Adelaide, to manage the pressures and responsibilities of their caring role. To be eligible you must be up to the age of 25 years (currently studying) and provides care to someone who has an illness, disability or mental health issue, and live in the West Torrens, Charles Sturt, Port Adelaide Enfield, Salisbury, Playford or Tea Tree Gully council areas.
- [UnitingCommunities Counselling](#) - Providing counselling services for domestic and family violence, suicide bereavement, family and relationship, financial, disability, sexual abuse or sexual assault counselling, support for people with mental health concerns, support for carers of people with mental health concerns.
- [University of SA Community Clinics](#) - UniSA operates a number of clinics that are open to the general public, providing professional and cost-effective services (in some cases free) in the areas of health, law and psychology.
- [Victims Support Service](#) - Provides free and confidential help to adult victims of crime, witnesses, their family, and friends across South Australia.
- [WEA Adult Learning](#) - The WEA provides learning opportunities for anyone aged 15 years or older (in most courses - there are some age restrictions on individual courses). There are generally no pre-requisites for courses and no assessment or exams
- [YMCA of South Australia's recreation database Info-Link](#) - This database contains a huge range of recreational and social opportunities to explore and choose from, including: sports, arts, games and personal development activities. We hope this information will inspire people of all backgrounds and abilities to get involved in their community by participating in recreational activities.
- [Yarredi Services Inc.](#) - Aboriginal women and their children who are escaping or at risk from domestic violence.
- [Yarrow Place Services](#) - Yarrow Place Rape and Sexual Assault Service is an inclusive service for anyone who has been sexually assaulted. If they are unable to provide you with services, they can talk with you about referral options.
- [Young and Well Cooperative Research Centre](#) - This includes a number of resources such as Mood Assessment, Program, MoodGym, Moodkit, iCope, Smiling Mind, Talking Anxiety, Body Beautiful, DeepSleep, SuperBetter, Live Happy, Pillboxie, iCounsellor.
- [Youth Accommodation Aboriginal and Torres Strait Islander Specific Services \(YAATSISS\)](#) - The aim of the YAATSISS program is to assist and support Aboriginal youth, based on the intake criteria of homelessness and

youth in crisis and/or at risk of homelessness. It offers a short-term accommodation service from two locations in metropolitan Adelaide – Olga Fudge Lodge for females and Narungga House for males.

- [Youth Adult Health](#) - The Youth Health Service is a free, confidential health service for young people aged between 12 and 25. Providing services such as drop-in medical and nursing clinics, a specific Health Check if you are living in care, are under the Guardianship of the Minister or Aboriginal, counselling, support and help to get the services you need and group activities and peer support.
- [Youth Services - Playford Community](#) - This resource provides a list of organisations located within the Playford or surrounding area that provide services to or programs for young people aged 12 - 25.



Wellbeing

Oral Health Information

A healthy mouth is important to your general health and wellbeing. Managing your oral health well can prevent tooth decay, bad breath and gum disease.

Having a healthy mouth can also impact on how we feel about ourselves. If we do not have teeth and gums that look healthy we may smile less, or perhaps go out with our friends and family less as we have less confidence in our appearance.

It is important to remember that it is never too late to improve our oral health, sometimes it can be just a matter of taking that first step to go and ask for help. You might like to do this at your next health professional visit. You can also contribute to your own oral health by brushing your teeth morning and night, drinking plain tap water and limiting how often you have sugary foods and drinks.

Looking after your oral health now, will ensure that you are looking after your overall health and wellbeing now and into the future.

How can I seek help with my Dental Care?

There are a few options for accessing dental care, and some of these have little or no cost.

SA Dental Service has public dental clinics for adults and children. To be eligible to attend a Community Dental Clinic, adults (or their adult dependents) need a current Centrelink Pensioner Concession Card or Health Care Card. Clients are usually required to pay a contribution to the cost of their care. Staff will discuss fees before starting treatment. If you are experiencing severe financial hardship, speak to staff about your payment options. Emergency care will always be provided.

At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

In the case of a dental emergency – phone Healthdirect Australia on 1800 022 222

Private dental clinics are also available. You may be able to claim the cost of treatment through your private dental cover. Clinics are listed on the Australian Dental Association website or in the Yellow Pages.

Downloads

Oral Health Information - How to Brush Your Teeth

This easy to read card will help you understand how to brush your teeth, step-by-step (A5 size). Provided by SA Dental, Department of Health, Government of South Australia.

[Oral-Health-Information---How-to-Brush-Your-Teeth.pdf](#) [895.23kb]

 Download

Oral Health Information - Medications and your oral health

Sometimes medications may cause you to have a dry mouth which increases your risk of tooth decay, oral infections and gum disease. This information will help you manage your oral health and medications. Provided by SA Dental Service, Department of Health, Government of South Australia.

[Oral-Health-Information---Medications-and-your-oral-health.pdf](#) [278.95kb]

 Download

Oral Health Information - Quick Tips

Quick oral health care tips to maintain and improve your oral health.

[Oral-Health-Information---Quick-Tips.pdf](#) [187.84kb]

 Download

Oral Health Information - SA Dental Service Clinic List

Need help with managing your Oral Health? To be eligible to attend a Community Dental Clinic, adults (or their adult dependents) need a current Centrelink Pensioner Concession Card or Health Care Card. Clients are usually required to pay a contribution to the cost of their care. Staff will discuss fees before starting treatment. At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

[Oral-Health-Information---SA-Dental-Service-Clinic-List.pdf](#) [43.62kb]

 Download

Oral Health Information - Your Oral Health

This information will help you understand that a healthy mouth is important to your general health and wellbeing (A4 size). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [4.10kb]

 Download

Oral Health Information - Your Oral Health

Your oral health is important, this poster will help with ideas and tips, for managing your oral health, in a step-by-step approach (A4 Poster). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [528.59kb]

 Download