

# Helpful Contacts for Kindergarten Families

Updated August 2022

- Centrelink and Family Assistance Office 13 61 50
- Child & Family Health Service (CAFHS) 1300 733 606
- Childcare hotline SA 8306 8764
- Department for Education 08 8226 1000
- Education and Early Childhood Services Registration and Standards Board of SA 1800 882 413

## Helplines

- **Lifeline 13 11 14**  
Crisis support and suicide prevention  
[Lifeline Australia - 13 11 14 - Crisis Support and Suicide Prevention](https://www.lifeline.org.au/)
- **Beyond Blue 1300 224 636**  
For anyone experiencing symptoms of anxiety and depression, including new parents. You don't need a diagnosis to call  
<https://www.beyondblue.org.au/>
- **1800RESPECT 1800 737 732**  
National domestic violence counselling service  
[Sexual Assault, Domestic Family Violence Counselling Service & Support | 1800RESPECT](https://www.1800respect.org.au/)
- **Domestic Violence and Aboriginal Family Violence Gateway (SA) 1800 800 098**  
For anyone experiencing domestic violence – accommodation advice  
[Domestic Violence & Aboriginal Family Violence Gateway Services | SAcommunity - Connecting Up Australia](https://www.dvafvgateway.org.au/)
- **Mensline Australia 1300 789 978**  
Telephone and online support for men  
<http://www.mensline.org.au/>
- **Health Direct 1800 022 222**  
For 24 Hour health advice for the whole family  
[Trusted Health Advice | healthdirect](https://www.healthdirect.gov.au/)
- **Poisons Information Centre 13 11 26**  
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- **Kids Helpline 1800 551 800**  
Telephone and online counselling for children and young people 5-25 years
- **Child Abuse Report Line (SA) 131 478**  
If you are concerned a child is being abused or neglected
- **Youth Beyond Blue 1300 224 636**  
Mental health and wellbeing support for young people. Call anytime or chat online from 3pm-12am
- **Kidsafe SA 8161 6318**  
Has information and resources to keep children safe from injury.
- **SIDS and Kids 1300 308 307**  
Information on safe sleeping for babies. Have facts sheets for Aboriginal families and Information about bereavement support.

- **ThinkUKnow**  
Internet safety information for parents, schools, children and young people.  
<https://www.thinkuknow.org.au/>
- **Australian Breastfeeding Association** 1800 686 268  
<https://www.breastfeeding.asn.au/>
- **Family Relationships online** 1800 050 321
- Assists families affected by relationships or separation issues  
<https://www.familyrelationships.gov.au/>
- **Drug Information Centre – Women’s and Children’s Hospital** 81617350
- **Adelaide Hills Community Health Service** 8393 1833  
Early childhood intervention eg speech pathology, Family and Parenting Support
- **Department of Child Protection**  
Reporting child abuse, child protection initiatives, children in care, child safe environments and adoption  
[Department for Child Protection | South Australia](#)
- **Department for Child Development**  
Teaching, supporting students, child protection, childcare, sites and facilities and working in DECD  
[Department for Education and Child Development | South Australia](#)
- **Child & Youth Health**  
Pregnancy, Parenting & Child’s health, Kids health, Teen Health, Young Adult Health  
[CYH Home - Home](#)
- **Child Protection Services**  
Health Living, Health Topics, Health Services, Clinical resources.  
[Child protection :: SA Health](#)
- **Child & Mental Health Services**  
CAMHS is a free community-based mental health service provided through SA Health's Women's and Children's Health Network. We provide mental health services to infants, children, adolescents and perinatal women. Services are provided across South Australia.  
[Women's and Children's Hospital, Adelaide](#)
- **You’ve Got What**  
Information regarding infectious diseases and exclusion times from prechool.  
[You've got what :: SA Health](#)
- **Inclusive Directions**  
Inclusive Directions is an independent not-for-profit organisation with a long history of promoting and supporting children’s inclusion in education, care and the community. They provide assistance to children, coaching for staff, and support to families to build their skills and networks. They also advocate for and support strong communities through our programs, services and training.  
[Inclusive Directions | Early Intervention Therapy Adelaide | Autism Support and Programs](#)
- **Defence Community**  
Defence Community Organisation offers a broad range of programs and services to help Defence families make the most of the challenges and opportunities provided by the military way of life.  
[Defence Community Organisation | Australian Government Department of Defence](#)

- **Adelaide Hills Council**

Information on Library Services, Community Centres & Groups, Health & Wellbeing including immunisations.

[AHC Home](#)

- **Australian Department of Health**

Provides a variety of information regarding health.

[Department of Health | Welcome to the Department of Health Home :: SA Health](#)

- **Get Up and Grow**

The *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood (Get Up & Grow)* resources promote the key messages included in the healthy eating and physical activity guidelines.

[Department of Health | Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood resources](#)