



Community Support Services

We know that sometimes life can feel overwhelming, and that there may be times when you need a helping hand. Or you simply need some direction as to where to find the supports and services you need.

Food

Organisation	Website / Phone
Christian Community Hub – No-cost meals provided at various times throughout the year.	facebook.com/cchubtan/
Foodbank Nuriootpa - Fortnightly mobile van providing low-cost groceries, free fruit and vegetables. Referral is required and then access is via iSEE Church.	foodbank.org.au/sa-nt/
iSEE Church Barossa – No-cost meals and hot drinks available on Mondays and Tuesdays from 10.30am – 12.30pm. Emergency relief hampers are also available.	iseechurch.com/barossa
Lutheran Care Tanunda – Emergency food relief. Referrals to other support services can also be facilitated.	lutherancare.org.au/emergency-relief/
Meals on Wheels Barossa – Hot and frozen meal delivery services for older people, people with disability, carers etc	mealsonwheelssa.org.au/
UCare Gawler – Food and other material relief. Referral support for longer term options.	ucaregawler.org.au/
Uniting Church Community Kitchen – No-cost meals available every Tuesday and Thursday evenings.	barossa.ucasa.org.au/community-nuri-tanunda/

Financial

Organisation	Website / Phone
Centrelink crisis payment – Once-off emergency payment for individuals in severe financial hardship.	servicesaustralia.gov.au/crisis-payment
Emergency Electricity Payment Scheme – Support for households that may have an electricity debt, are at risk of or have had their electricity disconnected. Referral via a financial counsellor is required.	affordablesa.com.au/categories/utilities
HousingSA bond & rent support – Financial assistance to cover rental bonds and rent in advance payments.	sa.gov.au/topics/housing/renting-and-letting/
Lutheran Care Tanunda – Financial counselling, including creditor negotiation and hardship applications.	lutherancare.org.au/financial-counselling/
National Debt Helpline – Free advice to support managing financial difficulty and/or debt.	ndh.org.au/ 1800 007 007
No Interest Loans scheme (NILs) – 0% interest loans for low-income individuals or households.	goodshep.org.au/services/nils/
UCare Gawler – Financial counselling, including creditor negotiation and hardship applications.	ucaregawler.org.au/financial-counselling/
The Barossa Council – Rates support for households experiencing hardship.	barossa.sa.gov.au/council/rates-and-charges/rates-relief
Young Carer bursary program – Financial support for young carers.	youngcarersnetwork.com.au/bursary/young-carer-bursary/



Health & wellbeing

Organisation	Website / Phone
13YARN – 24/7 culturally safe crisis support for First Nations peoples.	13yarn.org.au/ 13 92 76
1800RESPECT – 24/7 online and phone support for people impacted by domestic, family or sexual violence, and a range of related resources.	1800respect.org.au/ 1800 737 732
Beyond Blue – 24/7 online and phone support for people experiencing anxiety and/or depression, and for those that support them.	beyondblue.org.au/ 1300 224 636
Butterfly – Online and phone support, plus various resources for individuals experiencing eating disorder/s and for those who support them	butterfly.org.au/ 1800 334 673
Carer Gateway – Various supports and services for carers.	carergateway.gov.au/
Child and Adolescent Virtual Urgent Care Service – Virtual emergency doctors and nurses to provide medical and mental health advice for children aged 6 months – 18 years, 7 days a week (9am – 9pm).	wch.sa.gov.au/patients- visitors/emergencies/virtual- urgent-care
eHeadspace – Online mental health support for young people, available 7 days a week from 3pm – 10pm.	headspace.org.au
Gender Connect Country SA – Online and phone support (Monday – Thursday 3pm – 8pm) for individuals who identify as trans, gender diverse or gender questioning, or who support those who are.	shinesa.org.au/gender- connect/
HealthDirect – 24/7 health advice.	healthdirect.gov.au/ 1800 022 222
Kids Helpline – 24/7 phone and online counselling service for young people aged 5-25.	kidshelpline.com.au 1800 551 800
Medicare mental health check-in - Free guided and self-guided programs to manage stress and/or low mood via Cognitive Behaviour Therapy.	medicarementalhealthcheckin. gov.au/
QLife – Online and phone support for LGBTIQ+ people, available 7 days a week from 3pm to 9pm.	qlife.org.au/ 1800 184 527
Sonder AIM program - Free program for people aged 16+ who are struggling with alcohol or other drugs and mental health concerns.	sonder.net.au/programs/aim/
Sonder Healthy Habits program - Free program for people aged 16+ who are living with, or at risk of chronic health condition/s.	sonder.net.au/programs/health y-habits/
Turning Point – 24/7 online counselling support for drug and alcohol issues.	counsellingonline.org.au

Housing

Organisation	Website / Phone
Centacare outer-north youth homelessness service – Support for young people aged 15-25 who are at risk of, or are homeless.	centacare.org.au/our- services/homelessness
Homeless Connect SA – 24/7 phone support to access information and referral into homelessness services.	homelessconnectsa.org 1800 003 308
HousingSA bond & rent support – Financial assistance to cover rental bonds and rent in advance payments.	sa.gov.au/topics/housing/ renting-and-letting/

The Nuriootpa High School Wellbeing Team are here to help too!

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