

## **Community Resources**

Helpful links and local supports for clients, families & carers

DISABILITY LIVING SOLUTIONS



# What is this guide for?

This guide is for clients, carers, and families looking to connect with trusted services and supports available in the community — beyond what we directly provide. These resources can help build independence, confidence, and social connection.



### Local Community Services

### **Community Centres (SA):**

Offer social groups, activities, support, and low-cost services.

Find your local centre: https://www.sacommunity.org

### **Neighbourhood Houses:**

Provide training, events, and inclusive activities.

Search by postcode: <a href="https://www.communitycentressa.asn.au">https://www.communitycentressa.asn.au</a>



### Mental Health & Wellbeing

Lifeline - 24/7 crisis support: 13 11 14

https://www.lifeline.org.au

Headspace – Youth mental health (12–25):

https://headspace.org.au

### Mind Australia – Recovery-focused supports:

https://www.mindaustralia.org.au



### **NDIS Transport Funding Info:**

https://www.ndis.gov.au/participants/using-your-plan/transport-support

### SA Transport Subsidy Scheme (SATSS):

Discounted taxi fares for eligible people with disability.

https://www.sa.gov.au

## 鱰 Education & Employment

### Ticket to Work - School-to-work transitions:

https://www.tickettowork.org.au

### **Disability Employment Services (DES):**

Free job support for people with disability.

Learn more: <a href="https://www.dss.gov.au">https://www.dss.gov.au</a>

### Peer & Family Support

#### Carers SA:

Support for unpaid carers across South Australia. https://www.carerssa.com.au

### Siblings Australia:

Support for siblings of people with disability. https://www.siblingsaustralia.org.au

### MyTime:

Groups for parents and carers of children with disability. https://www.mytime.net.au



# Want help accessing any of these?

We're happy to assist you in connecting with the right services.



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