

Counselling services

We have compiled a list of counselling services based on available information on the internet. Cornerstone Housing is not affiliated with and does not endorse any of these services, and we cannot guarantee the accuracy of information or the quality of the service. Generally, these services state that they have free to low costs depending on income levels; however, please check the requirements with each service.

General counselling

Anglicare SA

Christies Beach and Hindmarsh and anywhere in SA via telephone

<https://anglicaresa.com.au/children-families/relationships-2/family-relationship-support/>

Centacare Family Relationship Counselling

Adelaide CBD, Aldinga, Goolwa, Gilles Plains, Salisbury, Murray Bridge and Mt Gambier

<http://centacare.org.au/service/counselling-family-relationship-program/>

Centacare Catholic Country SA Counselling Services

Ceduna, Port Augusta, Port Lincoln, Port Pirie, Whyalla

<https://www.cccsa.org.au/services/counselling-services/>

CoachCounsel

Gleneilg

<http://www.coachcounsel.com.au/qa/>

Engage Church Counselling

Kadina and internationally via online platform

<https://www.engagechurch.org.au/engage-counselling>

Harvest Community Care

Salisbury East and Kadina

<http://www.harvestcommunitycare.com.au/>

Integrative Health Solutions

Belair

<http://www.integrativehealthsolutions.com.au/events/counselling/#counselling>

LifeDesign Counselling

Limited cheaper sessions through Tabor graduate program

Goodwood

<http://life-design.com.au/services/>

LifeWell

Broadview, Gawler, Clovelly Park, Mt Barker

<http://lifewell.net.au/>

Love Life Counselling

Munno Para

<https://lovelifecounselling.com.au/appointment-and-fee>

Lutheran Community Care

Barossa, Murraylands, Blair Athol, Magill

<https://www.lccare.org.au/find-help/personal-counselling/>

Relationships Australia

West (Hindmarsh), Outer West (Port Adelaide), South (Marion), North East (Ridgehaven), North (Salisbury/Elizabeth), Riverland (Berri)

<https://www.rasa.org.au/services/couples-families/personal-counselling/>

Renewal Counselling

Evanston Gardens and Tanunda

<http://www.renewalcounselling.com.au/>

Purple Lemon Counselling

Modbury North

<http://www.purplelemoncounselling.com.au/about/>

Salt Care Counselling Clinic

Gawler area

<https://www.saltchurch.com.au/salt-care>

Uniting Communities Family & Relationship Counselling

Adelaide, Christies Beach, Smithfield, Murray Bridge and anywhere in rural SA via telephone

<https://www.unitingcommunities.org/mental-health-counselling/relationship-family-support/>

Free 24/7 phone and online counselling**eheadspace**

For people aged 12–25 and their families and friends

<https://headspace.org.au/eheadspace/>

Regional Access

For all people living and working outside of Adelaide metro region

<https://saregionalaccess.org.au/>

Kids Helpline

<https://kidshelpline.com.au/>

MensLine

<https://mensline.org.au/>

Crisis support

Emergency services

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Lifeline

131 114

Mental Health Triage Service

131 465

1800 RESPECT

National sexual assault, domestic violence counselling service

1800 737 732