



## Yorke Peninsula Community Guide to Mental Health and Wellbeing Support



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If you think that you or someone else in your family or community might benefit from some support for mental health and wellbeing it's not always clear who you can reach out to.

This guide introduces you to the people on the Yorke Peninsula who can help you or help get you on the right path.

The people in this community guide are available to talk with you about what is happening in your life. However, if you feel you need immediate assistance please contact one of the following crisis support services:

**Lifeline: 13 11 14**

**Beyond Blue: 1300 224 636**

**Suicide call back service: 1300 659 467**

**Mensline: 1300 789 978**

This resource has been designed by SOS Yorke in collaboration with Rural Community Wellbeing, University of South Australia.

We wish to thank all the service providers and groups who appear in the resource for supporting this initiative.



## Jen Harvie

**Mental Health Case Manager**  
*Country Wellness Connections*  
*Uniting Country SA*

**P:** (08) 8821 0320

**W:** [ucsa.org.au/mental-health-support](https://ucsa.org.au/mental-health-support)

I wear many hats: as a mental health case manager, peer worker and I am survivor and my story hasn't ended yet. I am mother to two boys in their mid 20's and wife of a man who has fought his own demons after the loss of his family farm through no fault of his own.

In 2010 our family relocated from life on the land at Appila, to the Yorke Peninsula because mother nature wasn't kind to us and since then we have made some special friendships with people on the land here.

I love getting to know the locals, travelling around the Yorkes, camping, and the ocean, as it allows me to breathe and reset. I thrive on supporting people to live the best life they can live.

I am available to talk to people experiencing mental health concerns that impact on their day to day living.

Uniting Country SA's Country Wellness Connections is a free and flexible mental health service. It can be accessed through our website or by calling us.



## Kay Barlow

**Family and Business (FAB) Mentor,**  
**PIRSA Mindfulness coach**

**P:** 0417 807 993

**E:** [barlowk16@gmail.com](mailto:barlowk16@gmail.com)

**L:** Yorketown

Hi, I am Kay Barlow and I live on the outskirts of Edithburgh on the Yorke Peninsula. I have been involved in a family farm for 40 years. My favourite part of living here is the mix of farming and coastline and the wonderful community members and the many and varied groups and volunteer organisations that are in the area.

I have a strong interest in wholistic wellbeing, incorporating exercise, nutrition and mental health and I run low impact exercise classes in Edithburgh, Yorketown and Stansbury. My other passion is Mindfulness. I have completed introductory and Advanced classes in Acceptance Commitment Therapy which underpins the Mindfulness I teach.

As a FaBs (Family and Business) mentor, farming families can contact me for a chat or advice in anything family or farming and I can direct them for more professional help if required.

I am also a Bush Fire Community Engagement officer (Wellbeing SA) and can offer a listening ear to all community members who have been impacted by fire. I can help seek resources and support where needed and will provide feedback to Wellbeing SA on what the community needs.



## Country & Outback Health

**P:** 8821 6700  
**W:** [cobh.com.au](http://cobh.com.au)  
**L:** Kadina

Our Mental Health team can provide you with the support that you need when experiencing challenges with your mental health.

We can work with you to improve your skills, knowledge and understanding of your thoughts, feelings and behaviours, to help build your mental health and wellbeing.

The My Resilience program offers no cost, short term professional support for people experiencing a mental health condition (e.g. depression or anxiety). You can access the program through your GP. For other mental health programs please see our website.

From left to right, front row: John Stone (Clinician) and Glenda Woodward (Respiratory Nurse)

Middle row: Odette Ware (Clinician)

From left to right, back row: Jake Bogers (Clinician), Sheree Crowe (Clinician), Paula Bergen (Administration Officer) and Megan Haynes (My Life Worker)



## Bethany Paterson

**Clinical Psychologist**  
*Shrinkwrap Psychology*

**P:** 0428 399 169  
**E:** [shrinkwrappsyd@outlook.com](mailto:shrinkwrappsyd@outlook.com)  
**L:** Kadina

I am a 6th generation farmer; my husband and I run my family farm near Bute on the Yorke Peninsula. I have worked exclusively in rural and remote areas for 22 years and I know first-hand the benefits and stress involved in farm life.

Farmers face some unique challenges and stressors, and yet are often determined to face their mental health problems with the same approach they take with any on-farm problem: battle it out alone and try to cobble together a solution with a bit of baling twine and some WD40. However, farmers know when it is time to seek some expert assistance - when to call the agronomist, the auto-electrician or the vet. And so, it's no different knowing when it's time to seek out some extra help from a mental

health clinician. I believe it is important to maintain a connection to my community and 'giving back' and I also know the importance of confidentiality in a small rural community.

I am a Clinical Psychologist, and when people have a Mental Health Treatment Plan from their GP, I can bulk bill appointments. I see anyone between the age of 0-100, offering goal-focussed psychological strategies for people with anxiety, depression, stress, trauma, social issues and behavioural problems. I am happy to help with any issues you may have, so have a think about giving it a go, you don't need to be struggling along on your own.



## Standby Support After Suicide

**P:** 0437 752 458

**E:** [standby@unitingcommunities.org](mailto:standby@unitingcommunities.org)

**W:** [standbysupport.com.au](http://standbysupport.com.au)

We support anyone who has been bereaved or impacted by suicide at any stage in their life.

We provide face-to-face and telephone counselling support at a time and place that is best for you.

The service is accessible 24/7 and is free.

We offer expertise, understanding and resources for your particular situation.

Follow up contact is continued for up to 2 years to ensure you are not alone and receive any ongoing support you may need.

Our experienced Country SA StandBy Coordinators will arrange support with locally based team members



## Country and Outback Health

### **My Life program**

*For people who have recently attempted suicide*

**P:** 8821 6700

My name is Megan Haynes and I have lived and worked in community services in the YP region for the past decade. My Husband is 6th generation in the YP region, previously resided on a farm at Edithburgh and currently works in the agricultural industry building farming machinery.

I love the way local residents often look out for one another and the beauty of where we live. I feel very lucky to have beautiful coastlines to enjoy.

Myself, my family and my husband's family have all been touched by suicide. The My Life program provides free practical support to local people age 16+ who are experiencing suicidal crisis or who have made a recent suicide attempt. The support really depends on each person's experience.

It can range from referrals to medical / specialist mental health services for ongoing assistance to being linked with community services and regular contact to check how each person is going. We also help family and friends understand what is happening for each person and how they may best help.

The service is accessed via our website and anyone can complete a referral for themselves or someone else. The My Life program is not an emergency crisis service and so our services are available during business hours - Monday to Friday 9am to 5pm.



## Fat Farmers

### Ben Wundersitz

E: [info@fatfarmers.com](mailto:info@fatfarmers.com)  
W: [fatfarmers.com](http://fatfarmers.com)

I'm one of the original Fat Farmers and a fifth-generation grains farmer on the Yorke Peninsula.

Fat Farmers is a rural health initiative that encourages farmers to train together, form support networks and ultimately, improve physical and mental health outcomes.

We participate in local fun runs/walks, bike rides and train in local communities and gyms together. Our activities are family-friendly and have a focus on having fun. People join in for the coffee and catch up after training as much as for the exercise.

Everyone is welcome to join us and there are groups in mid Yorke Peninsula (contact Cheryl on 0429 367 287), Paskeville (contact Daniel Pridham 0408 273 230) and southern Yorke Peninsula (contact Cheryl Carmichael 0428 527 004).



## Stamp Out Suicide Yorke Peninsula Inc

E: [sosyorkes@gmail.com](mailto:sosyorkes@gmail.com)

Known locally as SOS Yorkes, our group was formed in 2015 and covers the Yorke Peninsula Council area of rural South Australia. We are a small group of committed volunteers and are part of a state-wide network of Suicide Prevention Networks.

The ending of a life through suicide is a tragedy that impacts the entire community. We aim to build resilience through connecting, educating and creating understanding to keep each other safe from suicide.

We also recognize those in our community who are hurting from the complex grief of trying to understand the suicide of a loved family member, friend or someone within their community networks such as work, sport etc.

Our aim is to break down the stigma so that as a community we are able to openly discuss mental health and suicide and treat each other with consideration, kindness, care and support.

We are always looking for volunteers to help us run events and activities and participate on our Committee. So, if you are interested in getting involved please email [sosyorkes@gmail.com](mailto:sosyorkes@gmail.com).

You can follow us on Facebook for useful information and regular updates: [facebook.com/sosyorkes](https://facebook.com/sosyorkes)



## Nunquwarrin Yunti

**P:** 8406-1600 / 0429896631 / 0455674380

**W:** [nunku.org.au](http://nunku.org.au)

**L:** 52A George Street, Moonta SA 5558  
Mon – Thurs 9am – 5pm

Social and emotional well-being counselling services to Aboriginal and Torres Strait Islander people to facilitate improvements in wellbeing.



## Gender Connect Country SA Shine SA

**P:** 08 7099 5390

**E:** [enderconnectcountrysa@shinesa.org.au](mailto:enderconnectcountrysa@shinesa.org.au)

Gender Connect Country SA is a telephone service for those in the country region who need support with all things gender. We can lend a helping voice to those who are transgender or gender diverse (TGD) themselves, as well as family, friends and professionals assisting those within the TGD community. Our phone lines are free, confidential and run from Monday to Thursday 6pm to 8pm.



## Regional Access

**P:** 1300 032 186

**W:** [saregionalaccess.org.au](http://saregionalaccess.org.au)

24/7 free counselling for country SA by calling  
1300 032 186

## Mental Health Triage Service

**P:** 13 14 65

The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week.

This service:

- is the main point of access into mental health services
- can provide advice and information in a mental health emergency or crisis situation
- is staffed by mental health clinicians
- will assess and refer to acute response teams where appropriate.

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 general practitioner or phone our mental health triage service on 13 14 65.