



What support is available in my area?

South Australia

Losing your job can be a difficult experience with many issues to consider. This page provides information for retrenched workers on the support and services available in South Australia.

Services for retrenched workers

Department of Human Services – Centrelink

For support while you look for work, visit the [retrenched workers](#) page (at www.humanservices.gov.au/customer/subjects/retrenched-or-made-redundant).

For a list of Centrelink Customer Service Centres in South Australia, visit the [Payment and Service Finder](#) page (at www.humanservices.gov.au/customer/service-finder).

jobactive

If you have lost your job you could be eligible to receive help from jobactive. jobactive is the Australian Government's employment service, designed to meet the needs of job seekers and employers and improve job outcomes.

jobactive can provide you with tailored help to find a job and is delivered by jobactive providers located around Australia. The help available includes:

- help looking for work, writing a résumé and preparing for interviews
- referrals to jobs in your local area
- training that is suited to the skills that local employers need
- case management so that you are ready to take up and keep a job

Your jobactive provider can also provide access to resources to help with your job search including the internet, printers and newspapers.

To view a factsheet on the support available for retrenched workers, visit the [Department of Jobs and Small Business website](#) (at <https://docs.jobs.gov.au/documents/help-workers-who-have-recently-lost-their-jobs>)

For more information, including a full listing of jobactive providers in your area:

- Call the Employment Services Information Line on **13 62 68**
- Visit the [Jobsearch](#) page (at www.jobsearch.gov.au/serviceproviders)

Stronger Transitions

If you have recently been retrenched, and you or the company you worked for is located in North or West Adelaide, then you may be able to receive extra support through the Stronger Transitions package.

Stronger Transitions is the Australian Government's initiative to help retrenched workers in the region get back into the workforce.

You can access a select range of services including:

- a comprehensive skills assessment, to help identify how your skills might transfer to different industries,
- immediate financial support to relocate for work via the Relocation Assistance To Take Up a Job Programme,
- help with writing or updating a resume and preparing for interviews and
- business training, income support and a mentor to help you pursue small business opportunities via the New Enterprise Incentive Scheme (NEIS)

Contact your jobactive provider, local Employment Facilitator, or visit the [Stronger Transitions](https://www.jobs.gov.au/stronger-transitions) page (at <https://www.jobs.gov.au/stronger-transitions>) to find out more on the Stronger Transitions package.

Employment Facilitators

Employment Facilitators are an on-the-ground presence that work with retrenched workers to connect them with job opportunities, training and other existing services. Currently, a South Australian Employment Facilitator is in place in Adelaide.

For more information, visit the [Employment Facilitators](https://www.jobs.gov.au/employment-facilitators) page (at <https://www.jobs.gov.au/employment-facilitators>) or contact the facilitators to find out how they can help you.

- The Adelaide Employment Facilitator, Leanne Hill can be contacted at leanne@leewayconsulting.com.au or on 0439 337 023.

Structural adjustment programmes

If you have been retrenched from the automotive industry then you may be able to receive extra support. Fact Sheets are available on the [Department of Jobs and Small Business's website](https://www.jobs.gov.au/help-workers-who-have-recently-lost-their-job) (at <https://www.jobs.gov.au/help-workers-who-have-recently-lost-their-job>).

To be eligible for support a job seeker must register with a jobactive provider no earlier than three months prior to their redundancy exit date and no later than six months after their redundancy exit date.

For more information about the support available through the Structural Adjustment Programmes, contact [Centrelink](https://www.humanservices.gov.au/customer/service-finder) (at www.humanservices.gov.au/customer/service-finder) or visit your local [jobactive provider](https://www.jobsearch.gov.au/serviceproviders) (at www.jobsearch.gov.au/serviceproviders).

South Australian Government retrenched worker assistance

Skills and Employment Infoline

The South Australian Government provides a free Skills and Employment Infoline service to help you find information on careers, jobs and training.

For further information:

- call **1800 506 266**
- visit the [Skills SA](http://www.skills.sa.gov.au/careers-jobs/support-for-workers-before-or-after-retrenchment/career-training-and-job-search-support) page (at www.skills.sa.gov.au/careers-jobs/support-for-workers-before-or-after-retrenchment/career-training-and-job-search-support).

Money management

Financial Counselling Australia

Financial Counselling Australia can link you to financial counsellors in your area.

- Call: **1800 007 007**
- Visit the [Financial Counselling Australia](http://www.financialcounsellingaustralia.org.au/Corporate/Find-a-Counsellor) website (at www.financialcounsellingaustralia.org.au/Corporate/Find-a-Counsellor) to find your local counsellor.

Centrelink

Centrelink provides a free Financial Information Service with no restrictions on eligibility.

- Call **13 23 00** and say “**Financial Information Service**”
- Visit the [financial information](http://www.humanservices.gov.au/customer/services/centrelink/financial-information-service) page on the Centrelink website (at www.humanservices.gov.au/customer/services/centrelink/financial-information-service).

MoneySmart

MoneySmart offers tips and tools to help make the most of your finances, including how to manage your money, or deal with credit, debt or other financial issues.

- Call: **1300 300 630**
- Visit the [tools and resources](https://www.moneysmart.gov.au/tools-and-resources) page (at <https://www.moneysmart.gov.au/tools-and-resources>). Computer and general work skills

Language, literacy and numeracy support

The Reading Writing Hotline is Australia's national telephone adult literacy and numeracy referral service and provides support for students.

- Call: **1300 655 506**
- Visit the [Reading Writing Hotline](http://www.readingwritinghotline.edu.au) page (at www.readingwritinghotline.edu.au)

Many vocational education and training providers also provide bridging courses to support students with their language and literacy skills. For more information visit the [My Skills](http://www.myskills.gov.au) website (at www.myskills.gov.au).

Adult and Community Education

Adult and Community Education providers in your area can help you improve your reading, writing and numeracy skills. You can learn with other adults in small groups, or even get one-on-one coaching. Adult and Community Education programmes are usually free or low cost. They also offer programmes to help you improve your computer and other workplace skills.

For further information:

- Call the WorkReady Infoline on **1800 506 266**
- Visit the [Skills SA](http://www.skills.sa.gov.au/training-learning/adult-community-education) page (at www.skills.sa.gov.au/training-learning/adult-community-education)

Computer and internet training

To learn how to use the internet you may like to visit your local council or library who may offer training opportunities.

Adult Learning Australia can link you to training providers in your area.

- Call: **03 9689 8623**
- Visit the [Adult Learning Australia](http://www.ala.asn.au) page (at www.ala.asn.au)

Health, wellbeing and personal support services

Relationships Australia (SA)

Relationships Australia (SA) provides relationship support services for individuals, families and communities in South Australia.

- Call: **1300 364 277** (cost of a local call)
- Visit the [Relationships Australia](http://www.rasa.org.au) page (at www.rasa.org.au)
- Email: salisburyfrc@rasa.org.au

To find your nearest service, visit the [locations section](http://www.rasa.org.au/locations) of the website (at www.rasa.org.au/locations).

beyondblue

beyondblue provides information and a referral service for those who may be experiencing depression, anxiety or substance abuse.

- Call: **1300 224 636**
- Visit the [beyondblue](http://www.beyondblue.org.au) page (at www.beyondblue.org.au)

- Click on the [resources for men](http://www.beyondblue.org.au/resources/for-me/men/what-causes-anxiety-and-depression-in-men/unemployed-men) page (at www.beyondblue.org.au/resources/for-me/men/what-causes-anxiety-and-depression-in-men/unemployed-men) for information specific to male retrenched workers.

Lifeline

Lifeline is a free, confidential telephone helpline that provides crisis counselling and offers support regarding mental health and wellbeing.

- Call: **13 11 14** (24 hours a day)
- Visit the [Lifeline](http://www.lifeline.org.au) page at (www.lifeline.org.au)

MensLine

MensLine Australia is a professional telephone and online support and information service for Australian men.

- Call: **1300 78 99 78** (24 hours a day)
- Visit the [Mensline](http://www.mensline.org.au) page (at www.mensline.org.au)

MindSpot

MindSpot is an online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

- Call: **1800 614 434**
- Visit the [Mindspot](http://www.mindspot.org.au) page (at www.mindspot.org.au)

MoodGYM

MoodGYM is an interactive web programme designed to help prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.

- Visit the [MoodGYM](http://www.moodgym.anu.edu.au) page (at www.moodgym.anu.edu.au)

The Black Dog Institute

The Black Dog Institute is a not-for-profit organisation focusing on the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

Resources:

- The Black Dog Institute, [Mindfulness in Everyday Life](http://www.blackdoginstitute.org.au/docs/10.mindfulnessineverydaylife.pdf) handout (at www.blackdoginstitute.org.au/docs/10.mindfulnessineverydaylife.pdf)
- The Black Dog Institute, [Positive Psychology](https://www.blackdoginstitute.org.au/docs/default-source/factsheets/positivepsychology.pdf?sfvrsn=2) fact sheet (at <https://www.blackdoginstitute.org.au/docs/default-source/factsheets/positivepsychology.pdf?sfvrsn=2>)

The National Gambling Helpline

The National Gambling Helpline can help you with problem gambling.

- Call: **1800 858 858** (24 hours a day)
- Visit the [National Gambling Helpline](http://www.gamblinghelponline.org.au) page (at www.gamblinghelponline.org.au)

Other gambling assistance

Support services:

- Visit: www.problemgambling.sa.gov.au
- Go to the [maps section](#) of the website to search for support near you.
- Contact Relationships Australia Gambling Help Services - Elizabeth on **08 8255 3323** (Monday to Thursday).

Quitline

Quitline is a confidential free telephone service for people who want to quit smoking.

- Call: **13 78 48**
- Visit the [Quitline](#) page (at www.icanquit.com.au or www.quitnow.gov.au)

Get healthy

For online healthy living tips and advice on getting and staying active in South Australia visit:

- Visit the SA Health page (at www.sahealth.sa.gov.au/beactive)
- Visit the Get Healthy SA page (at www.gethealthy.sa.gov.au)
- Visit the Eat for Health page (at www.eatforhealth.gov.au)

Support for children and young people

Kids Helpline

Kids Helpline provides a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

- Call: **1800 55 1800**
- Visit the [Kids Helpline](#) page (at www.kidshelpline.com.au)

Headspace

[Headspace](#) (at www.headspace.org.au) is the National Youth Mental Health Foundation for 12 to 25 year olds. Headspace provides information and support for young people, as well as parents and carers who are concerned about their children.

- Visit the [family](#) page (at www.headspace.org.au/friends-and-family/).
- Visit the [Headspace centres](#) page (at www.headspace.org.au/headspace-centres) to find your local centre.

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