

Mount Gambier service directory

Local Services: Mt Gambier

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
Ferrers Medical Clinic	08 8725 4261	2-4 Wehl Street North www.ferrers.com.au ferrersclinic@ferrers.com.au	Mon – Fri: 8am -6.30pm Sat: 8.00am – 11.30am Sun/Pub hols: clinic closed; phone apt available.
Hawkins Medical Clinic	08 8725 5266	30 Sturt Street www.hawkinsmedical.com.au doctors@hawkinsmedical.com.au	Mon – Fri: 8am – 7.00pm Sat: 8am – 11am <i>After hours available</i>
Village Medical Clinic	08 8723 3286	3 Buronga Avenue www.villagemedical.com.au reception@villagemedical.com.au	Mon – Fri: 8.30am – 5.30pm Sat: 9am – 11.30am
Mount Gambier Family Health	08 8723 9586	3/14 Crouch Street South www.facebook.com/richardtrymedical admin@drtrymedical.com.au	Mon – Fri: 9am – 5pm
Open Door Health	08 8779 4000	40 Sturt Street	Mon – Fri: 9am – 5pm Sat & Sun: 10am – 1pm
Pangula Mannamurna	08 724 7270	191 Commercial Street West http://pangula.org.au/312-2/ reception@pangula.org.au	Mon – Fri: 9am – 5pm

Psychologists			
Name	Phone number	Address, Website & Email	Opening Hours
South East Family Psychology NDIS provider	0402 032 883	9 Kennedy Avenue careenlindsay@bigpond.com.au	Mon – Fri: 9am – 5pm
Vanessa Bayliss & Associates NDIS provider	08 8723 5921	25 Jubilee Highway West	
New Life Psychology Services NDIS provider	08 8725 3542 0424 027 373	186 Jubilee Highway West http://newlifepsychology.com.au/ mail@newlifepsychology.com.au	Tues – Fri: 9am – 5pm Thursday open till 9:30pm.
Psychological and Health Institute	08 8723 0332	18 Powell St, Mount Gambier mtgambier@psychodr.com.au	Mon- Fri 8:30- 5pm
Allison Telford NDIS provider	04 4756 1712	26 Elizabeth St micahepsychology@hotmail.com	

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
Liz Moriarty & Associates	08 8723 1999	10 Eleanor Street https://www.lizmoriarty.com.au/ reception@lizmoriarty.com.au	Mon – Fri: 9am – 5pm
Liz Jarrett Counselling Service	0409 521 982	6 Wilson Street www.lizjarrettcounselling.com.au lizmjarrett@gmail.com	Mon – Fri: 8.30am – 5.30pm
Community Counselling & Care NDIS provider	08 8725 1843	180 Commercial Street East www.communitycounsellingandcare.com.au admin@communitycounsellingandcare.com.au	Mon – Fri: 8.30am – 5.00pm <i>After hours available</i>
Side by Side Therapy	0401 550 722 0478 811 635	20 Penola Road www.sidebysidetherapy.com.au anita@sidebysidetherapy.com.au	Mon – Fri: 8.30am – 5.30pm Sat: <i>Mornings</i>
Finding Solutions	08 8723 9367	77 Brownes Road Mount Gambier finding-solutions-counselling-service.teachable.com admin@findingsolutions.com.au	Mon – Fri: 9am – 5pm

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			<i>After hours by appointment</i>
Child & Adolescent Mental Health Service (CAMHS)	08 8724 7055	2 Crouch Street North southeast.camhs@health.sa.gov.au	Mon – Fri: 9am – 5pm
Inspired Wellbeing Co. NDIS provider	0418 485 167	8 Crouch Street South www.inspiredwellbeingco.com hello@inspiredwellbeingco.com	Mon – Fri: 8.30am – 4.30pm
Country Health Connect NDIS provider	(08) 8721 1460 or 1800 944 912	276/300 Wehl St N www.countryhealthconnect.sa.gov.au CountryHealthConnect@sa.gov.au	CHC Mon-Fri 8:30-5pm Call centre Mon-fri 9-5pm
Focus One Health	08 8724 7696	13 Sturt Street www.focusonehealth.com.au info@focusonehealth.com.au	Mon – Fri: 9am – 5pm
Rita Zaccardo	0419 570 024	10 Wehl Street South ritazaccardo7@gmail.com	
Centacare	08 8303 6630	13 Penola Road https://centacare.org.au/service/counselling-family-relationship-program/ fdr@centacare.org.au	Mon – Fri: 9am – 5pm
Family Relationship Centre	1800 880 913 or 87213500	1 Helen Street, Mount Gambier SA 5290 www.accare.org.au	Mon, Wed, Thurs & Fri 9-5 Tue 10:30 - 5pm
Feel Better NDIS provider	08 8726 8142	1/2 Mitchell Street Mount Gambier https://www.feelbetter.au/ admin@feelbetter.au	Mon – Fri 8.30am – 5.00pm
Jessica Sinclair NDIS provider	0410 858 633	20 Penola Road, Mount Gambier SA 5290 https://www.jessicasinclaircounselling.com/ jessicasinclaircounselling@outlook.com	Mon-Fri 9-7pm Sat 10-1pm
Stepping Stones Wellbeing	0401028508	47 Margaret St, Mount Gambier SA 5290 https://www.steppingstoneswellbeing.org/ steppingstoneswellbeing@yahoo.com	Monday 11am-7pm Tues-Wed 4:30 - 7:30pm Thur-Fri 11am-7pm
New Roads	08 8725 1616	2 Helen St https://www.unitingcommunities.org/service/counselling/alcohol-and-other-drugs/new-roads NewROADSMountGambier@unitingcommunities.org	Mon – Fri 9-5pm
StandBy Response Service Support after suicide	1300 727 247	www.unitingcommunities.org standby@unitingcommunities.org	24 hour service Office Hours Mon – Fri 9-5
Yarrow Place – Rape & Sexual assault service. 16+	08 82268777 After hours 08 87211460	Mount Gambier Hospital - South East Regional Community Health Service www.yarrowplace.sa.gov.au	Mon – Wed: 9 – 5 Assistance available on the after-hours phone number
Life Without Barriers	0447 490 572	80 Jubilee Hwy W, Mount Gambier SA 5290 www.lwb.org.au AoD.counsellor@lwb.org.au	Mon – Fri: 9 – 5

Youth Support

Name	Phone number	Address, Website & Email	Opening Hours
Child and Adolescent Mental	08 87247055	2 Crouch Street North, Mount Gambier SA 5290 southeast.camhs@health.sa.gov.au http://www.sahealth.sa.gov.au/	Mon – Fri: 9 – 5

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Health Service (CAHMS)			
Mind	1300 286 463	15A James St, Mount Gambier SA 5290 mindconnect@mindaustralia.org.au www.mindaustralia.org.au	Mon – Fri: 9 – 5
Rubys Reunification Program - Adolescent and Family Reunification Counselling	87254383 0882025048	Frewville Place www.unitingcommunities.org rubysenquiry@unitingcommunities.org	Mon – Fri: 9 – 6
headspace Mount Gambier	(08) 8725 0443	171 Commercial St E, Mount Gambier SA 5290 https://headspace.org.au/headspace-centres/mount-gambier/ headspacemountgambier@unitingcommunities.org	Mon and fri 9:30-5:30 Tue and Thur 9:30-5:30 Wed 11:30-5:30

Support Services

Name	Phone number	Address, Website & Email	Opening Hours
The South East Junction, Mental Health Activity and Resource Centre Inc.	0477886450	19 Ferrers Street Mount Gambier www.thesoutheastjunction.org.au junctioncoord@gmail.com	
Carers SA	(08) 8724 8700	20 Percy Street, Mount Gambier www.carers-sa.asn.au secarers@carers-sa.asn.au	Mon – Fri: 9 – 5
Migrant Resource Centre	(08) 8726 4800	11-13 Elanor Street, Mount Gambier www.amrc.org.au mtgambier@amrc.org.au	Mon – Fri: 9 – 5
Inclusive Directions (Autism program)	08 87250211	71 Suttontown Road, Mount Gambier SA 5290 www.directions.org.au clientsupport@directions.org.au	By Appointment
Skylight Mental Health Mount Gambier NDIS provider	08 87236533	12 Crouch St , Mount Gambier SA 5290 skylight@skylight.org.au https://skylight.org.au/	Mon – Fri: 9 – 5
Mission Australia - NDIS Local Area Coordination NDIS provider	08 8714 7900	15a Sturt Street Mount Gambier https://www.missionaustralia.com.au/LACLimestonecoast@ndis.gov.au	Mon – Fri: 9 – 5
Victim Support Service – for Victims of Crime	1800 842 846	41 Bay Road, Mount Gambier SA 5290 www.victimsa.org southeast@victimsa.org	Mon – Thurs: 9 – 2

Local Services: Millicent

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
The Medical Clinic Millicent - General Practice	08 8735 5300	10 Short St, Millicent SA 5280 admin@mcillicent.com.au www.mcillicent.com.au	Mon 8-8:30 Tues-fri 8-6 Sat 8-12

Mount Gambier service directory

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
Mental Health Service – RDGP (at The Medical Clinic Millicent)	08 85823823	10 Short St, Millicent SA 5280 info@riverlandgp.org.au	Monthly
Country Health Connect - Millicent Community Health	08 87334755	Mount Gambier Rd, Millicent SA 5280 www.countryhealthsa.sa.gov.au CHSAmtgambierSERCHSadnimitration@health.sa.gov.au	Mon – Fri: 9 – 5
Life Without Barriers	0447 490 572	www.lwb.org.au AoD.counsellor@lwb.org.au	By Appointment only in Millicent
Linda Carter-Shepherd	0421 968 481	PO Box 104 Beachport, SA 5280 keelaru@gmail.com	By appointment
ac.care Millicent Community Centre	(08) 8735 5700	57-59 George St, Millicent SA 5280 https://www.accare.org.au/	Mon-Fri 9-4

Local Services: Penola

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
PENOLA DOCTORS	(08) 8737 2218	18 Church Street, Penola SA 5277 https://penoladoctors.com.au/Enquiries@penoladoctors.com.au	Mon – Fri: 8 – 6 Sat: 10 – 3 Sun 10-1 After hours available.

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
Standby Support after Suicide	08 87251853 / 0437752458	At Home of the Bereaved 11 Wehl St North, Mount Gambier SA 5290 www.unitingcommunities.org standby@unitingcommunities.org	24 hour service (by phone)
Life Without Barriers	0447 490 572	11 Wehl St, Mount Gambier SA 5290 www.lwb.org.au AoD.counsellor@lwb.org.au	By Appointment only in Penola

Local Services: Naracoorte

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
Kincraig Medical Clinic	(08) 8762 7700	6 Cedar Ave, Naracoorte SA 5271 kincraigmc@kmc.com.au http://www.kmc.com.au/	Mon – Fri: 8 – 6 Sat: 8 – 12 Emergency only
Naracoorte General Practice	(08) 8762 8800	102-106 Smith Street Naracoorte https://naracoortegp.com.au/ngp@naracoortegp.com.au	Mon-Fri 9-5:30

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Psychologists			
Name	Phone number	Address, Website & Email	Opening Hours
Smiles All Round Psychology Service	0430 022 705	48 Sandstone Avenue Naracoorte www.smiles-all-round.com.au admin@smilesallround.com.au	Mon-wed 9-4:30 Thurs 9-3

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
Counselling Naracoorte and South East Personal & Industrial	0448 229883	n/a jasonvanleuven@me.com	Mon – Fri: 9 – 5
Pangula Mannamurna Inc	87247270	Outreach at the Naracoorte Hospital reception@pangula.org.au	11 – 4 Second Thursday of each month
Naracoorte Counselling Services	0417 832 675	45 Kingston Ave, Naracoorte SA 5271 http://www.naracoortecounselling.com ms_julie@live.com	By Appointment Tues, Thurs & Fri
Life Without Barriers	0447 490 572	11 Wehl St, Mount Gambier SA 5290 www.lwb.org.au AoD.counsellor@lwb.org.au	By Appointment only in Naracoorte
Country Health Connect - Naracoorte Community Health	(08) 8762 8160	8 Cedar Ave, Naracoorte CHSAmtgambierSERCHSadni@mistration@health.sa.gov.au	Mon – Fri 8:30 – 5
Australian Migrant Resource Centre NDIS provider	08 87622955	naracoorte@amrc.org.au	
AC Care	1800 880 913 or (08) 8721 3500	73 Smith Street, Naracoorte care@accare.org.au	By appointment Monday to Friday 9am to 5pm
Counselling beyond words	0475 464 162	Naracoorte https://www.counsellingbeyondwords.com.au/ elle@counsellingbeyondwords.com.au	BY APPOINTMENT ONLY

Local Services: Bordertown

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
Tatiara Medical Centre	8752 0600	41 Crocker St, Bordertown tmc.reception@outlook.com	Mon – Fri: 8:30 – 6
Bordertown Medical Centre	(08) 8752 1155	10 Woolshed St, Bordertown SA 5268 admin@bordermed.com.au	Mon-Fri 9-5
Doctors at the Medical Hub	08 8752 1793	21 WOOLSHED STREET, BORDERTOWN admindocors@themedicalhub.com.au	Mon-fri 10-5

Mount Gambier service directory

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
Life Without Barriers	0447 490 572	11 Wehl St, Mount Gambier SA 5290 AoD.counsellor@lwb.org.au www.lwb.org.au	By Appointment only in Bordertown
StandBy Response Service	0887251853/0437 752458	11 Wehl St North, Mount Gambier SA 5290 At Home of the Bereaved standby@unitingcommunities.org www.unitingcommunities.org	24 hour service
South East Regional Community Health Service	(08) 8752 9050	Tatiara Community Health Bordertown SA 5268 CHSAmtgambierSERCHSadnistration@health.sa.gov.au	
Tristar Medical Group (Keith)	08 8755 1766	35 Hill Avenue, Keith, 5267, South Australia keith@tristarmedicalgroup.com.au	Mon – Fri: 9 – 5
Australian Migrant Resource Centre NDIS provider	08 87521000	26 Woolshed street, Bordertown bordertown@amrc.org.au	
AC Care	1800 880 913		

Local Services: Portland

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
Portland District Health NDIS provider	(03) 5521 0333	Bentinck Street, Portland VIC 3305 http://www.swarh2.com.au/pdh/content/contact-us pdh@swarh.vic.gov.au	Mon-Fri 8-4:30
Active Health Portland	03 5522 1200	148-150 Percy Street, Portland, 3305, Vic / https://activehealthportland.com.au/ reception@activehealthportland.com.au	Mon-fri 8:30-5,
Portland Family Practice - Dr. Dalbir Singh	(03) 5523 7144	156 Percy St, Portland https://www.facebook.com/profile.php?id=100075972252908 https://www.hotdoc.com.au/medical-centres/portland-VIC-3305/portland-family-practice/doctors?fbclid=IwAR1D57h3oWWjDxJize2GPWVLEdpbfCSzqly-En7IVpoWuTykbTifNob-Z8Q admin@portlandfamilypractice.com.au	Mon – Fri: 8:30 – 6
SEAPORT MEDICAL CENTRE	03 5523 2322	6-8 FERN STREET PORTLAND	Mon-Fri 8-5:30

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		www.seaportmedicalcentre.com.au sharon@seasportmedical.com.au	
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Psychologists			
Name	Phone number	Address, Website & Email	Opening Hours
Portland Psychological and Health Institute	(03) 5523 7488	59 Percy St Portland https://www.facebook.com/psychodrportland/ phi@psychodr.com.au	Mon-Fri 9-5

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
headspace Portland	03 5522 1484	148-150 Percy Street, Portland, 3305, Vic / https://headspace.org.au/headspace-centres/portland/ HPortland@brophy.org.au	Mon 12:30-2:30 (appt only), Tues & Weds 12-4, Thurs 10:30-2:30 (appt only), Fri 10:30-3 (appt only)
South West healthcare - Portland Mental Health Services	03 5522 1000	152 Percy Street Portland https://southwesthealthcare.com.au/location/portland-mental-health-service/	Mon-Fri 8:30-5 Including Portland Community Psychiatric Service
Portland District Health NDIS provider	(03) 5521 0333	141-151 Street, Portland VIC 3305 https://pdh.net.au/ pdh@swarh.vic.gov.au	
Aspire (A Pathway to Mental Health Inc.)	(03) 5571 9980	226 Gray St, Hamilton	
Rolese Mental Health and Wellbeing NDIS provider.	0435 347 721	15 Tamora Crescent, Portland West https://www.facebook.com/Autism.Portland/ Rolese.Counselling@gmail.com	Mon-Fri 9-5

Local Services: Hamilton

GP's			
Name	Phone number	Address, Website & Email	Opening Hours
Hamilton Medical Group	03 5572 2422	26 Foster Street Hamilton http://hamiltonmedicalgroup.net.au/	Mon – Fri: 8 – 6 Sat: 8 – 12 Sun 10-11
Hamilton Family Practice	03 5572 5592 or (03) 5571 9277	130 Lonsdale Street, Hamilton http://www.hamiltonfamilypractice.com.au/ reception@hamiltonfamilypractice.com.au	Mon – Fri: 8:30 – 5:30 Sat: 9 – 1

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The Wholistic GP	03 5571 1694	150 Ballarat Road Hamilton https://www.thewholisticgp.com.au/ admin@thewholisticgp.com.au	Mon, Tues, Thu 9-5
Well ways NDIS provider.	0343330251	18 Wellington Road enquiries@wellways.org https://www.wellways.org/	

Counsellors			
Name	Phone number	Address, Website & Email	Opening Hours
South West Healthcare - Hamilton Mental Health Services	03 5551 8418	12 Foster St Hamilton https://southwesthealthcare.com.au/location/hamilton-mental-health-service/	Mon-Fri 8:30-5 Including Hamilton Community Psychiatric Service
Centacare	03 5572 4466	130 Lonsdale St, Hamilton https://www.centacareballarat.org.au/contact/location/hamilton/	Mon – Fri: 9 – 5
Aspire (A Pathway to Mental Health Inc.)	03 5571 9980	226 Gray Street Hamilton 3300 aspireh@aspire.org.au	
Well ways NDIS provider.	03 4333 0251	Suite 7, 130 Lonsdale Street https://www.wellways.org/ enquiries@wellways.org	