



Supported by
Government of
South Australia

UNITINGSA

DROUGHT RECOVERY PROGRAM

WE ARE HERE TO HELP

What is Drought Mental Health Support?

We offer free and confidential mental health support for people living in drought-affected regions.

Drought is affecting many people in our community and we understand how tough it can be. If you or someone you know is struggling or not feeling quite themselves, we're here to help.

You don't need to be in crisis to reach out. We can support you with things like managing stress, finding a way forward when you feel stuck or simply having someone to talk to. Whether you're looking for a listening ear or practical support, we're here for you and your family.

Who can access this service and where is this service delivered?

Anyone who is affected by drought in the following regions:

- Barossa Hills Fleurieu
- Flinders and Upper North
- Riverland Murray Mallee Coorong
- Yorke and Northern

What services are offered?

Our service is flexible, person-centred and built around what matters to you. Support is tailored to your needs, so it can look different for everyone. We can help you to:

- Talk things through and feel more in control
- Strengthen relationships or connect with your local community
- Develop helpful habits and healthy coping strategies
- Navigate the healthcare and other systems
- Access drought related financial counselling and other supports
- Get involved in local community or recreational activities
- Explore options for education, training, employment or volunteer work
- And more

When is the service available?

Phone or face to face appointments are available from Monday to Friday between 9am to 5pm.

How can I access the service?

If you would like more information about the program or talk to someone about getting support, please contact us on:

Email droughtsupport@unitingsa.com.au or call

Flinders and Upper North	Melissa	0483 166 769
Yorke and Northern	Natalya	0400 868 315
Barossa Hills Fleurieu	Kate	0417 048 958
Riverland Murray Mallee Coorong	Anthea	0447 332 780

If this is a mental health emergency, contact 000 or Mental Health Triage on 13 14 65

UnitingSA acknowledges the traditional owners of country throughout South Australia, their spiritual heritage, living culture and our walk together towards reconciliation.

Updated: August 2025



**SCAN TO LOG AN
ONLINE ENQUIRY**