



## Emergency Contact Numbers

Mental Health Triage	13 14 65
Crisis Care	13 16 11
Lifeline	13 11 14
Kids Helpline	1800 55 18 00
Parent Helpline	1300 364 100

## Useful Websites

**Beyond Blue**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**SANE Australia**  
[www.sane.org](http://www.sane.org)

**REACHOUT.com**  
<https://au.reachout.com>

**headspace**  
[www.headspace.org.au](http://www.headspace.org.au)

**Butterfly Foundation**  
[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

**The National Eating Disorders Collaboration (NEDC)**  
[www.nedc.com.au](http://www.nedc.com.au)



FAMILIES, CHILDREN AND YOUNG PEOPLE  
CARER SUPPORT, DISABILITY, AND AGED CARE  
DOMESTIC VIOLENCE AND HOMELESSNESS  
EDUCATION, TRAINING, HEALTH AND WELLBEING

### **PACE Service**

78-80 St Vincent Street, Port Adelaide  
08 8303 6600  
[pace@centacare.org.au](mailto:pace@centacare.org.au)  
[www.centacare.org.au](http://www.centacare.org.au)

A Child Safe Organisation  
Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



### **Statement regarding the traditional owners of the land**

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



**Centacare**

## PACE Service

Support Services for Panic, Anxiety,  
Obsessive Compulsive and  
Eating Disorders.



## About the Service

Centacare's PACE service supports individuals living with panic anxiety, obsessive compulsive and eating disorders and those that support them.

### PACE Services:

- Telephone support
- Brief face to face counselling
- Information and strategies
- Referral pathways
- Advocacy supports
- Access to lived experienced Peer Workers
- Recovery support groups
- Workshops and seminars

Based at Centacare's Port Adelaide office, PACE will provide a range of activities and supports across metropolitan Adelaide and regions.

## Recovery Support Groups

PACE groups foster recovery, promote resilience and self-management through the mutual support, caring, resources and skills of its members.

Facilitated by PACE Peer Workers, groups have a strong focus on lived experience that is complemented by professional experience, which allows members to share their journey and feelings, learn information and develop new strategies on the subject matter.

Groups are structured to offer an open meet and greet session followed by an optional topical discussion and/or activity.

## Recovery

Motivated by the principals of recovery, our service:

- fosters **hope**
- acknowledges **self direction**
- focuses on **strengths and wellbeing**
- focuses on the **relationship**
- is **holistic**
- offers **peer support**
- acknowledges recovery is **ongoing**
- fosters **ownership and responsibility**
- promotes **social inclusion**

### For more information:

- Contact the PACE team on 8303 6660 or
- Visit our website at:  
[www.centacare.org.au/service/pace-services/](http://www.centacare.org.au/service/pace-services/)