

## Emergency Contact Numbers

Mental Health Triage	13 14 65
Crisis Care	13 16 11
Lifeline	13 11 14
Kids Helpline	1800 55 1800
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

[www.au.reachout.com](http://www.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)

## PACE

Free Call 1800 809 304  
[pace@centacare.org.au](mailto:pace@centacare.org.au)  
[www.centacare.org.au](http://www.centacare.org.au)



**Centacare**  
Catholic Family Services

Disability

Families, Youth and Children

Health and Wellbeing

Employment, Education and Training

Homelessness

### A Child Safe Organisation

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



### 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.



### Quality Assurance

Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.



**Centacare**

## PACE

Support Services for Panic Anxiety,  
Obsessive Compulsive and Eating  
Disorders

## About the Service

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

At PACE we offer the following services:

- Telephone support
- Brief face to face support
- Information and strategies
- Online support for those in rural or isolated locations
- Referral pathways
- Advocacy supports
- Access to lived experience peer workers
- Recovery support groups
- Workshops and seminars
- Regular newsletters

Based at Centacare's Seaton office, PACE provides a range of support and recovery services across South Australia.

## Recovery Support Groups

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PACE runs fortnightly support groups for individuals experiencing panic anxiety, obsessive compulsive and eating disorders. Groups are offered in various locations in the North, South, East and West of the metropolitan area.

Our groups allow those facing the challenges of recovery to meet with PACE team members and other individuals to share their lived experience.

In addition, our groups promote a safe space for participants to explore, share and reflect on their personal experience with a strong focus on recovery and hope for the future.

## Lived Experience

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### What's in a name?

The PACE team is made up of support workers and peer workers, but what is the difference?

Support workers have qualifications and work experience in the area of mental health or community services while peer workers have made their own recovery journey, have qualifications and are now here to help others.

For more information contact the PACE team:

T: 1800 809 304

E: [pace@centacare.org.au](mailto:pace@centacare.org.au) or visit

W: [pacesupport.org.au](http://pacesupport.org.au)

