If you need help

Sonder is not an emergency service. If you are experiencing a crisis or imminent life-threatening situation, please contact one of the following services.

Emergency Services 24/7
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Suicide Call Back Service
1300 659 467

Older Persons Mental Health Services
8282 2500

Mental Health Triage Service
13 14 65

Kids Helpline
1800 551 800

Child and Adolescent Mental Health Services (CAMHS)
8252 0133 7321 4500

Lifeline 24 Hour Crisis Counselling
13 11 14 www.lifeline.org.au

Carer Support & Advocacy
Carers SA 1800 242 636

LGBTIQ Helpline
QLife 1800 184 527

Other important info

Sonder is not an Emergency Service or crisis service. For emergencies contact Mental Health Triage by phoning 13 14 65.

Due to program restrictions, Sonder clinicians are not mandated to provide medico legal reports for any workers' compensation, family court or other legal matters.

Contact us

Edinburgh North
2 Peachey Road, Edinburgh North SA 5113

Port Adelaide
2/78-80 Dale Street, Port Adelaide SA 5015

PO Box 421, Elizabeth SA 5112
(O8) 8209 0700 (O8) 8252 9433
info@sonder.net.au
www.sonder.net.au
/Sonder_SA @Soner_SA

We open Monday to Friday, from 9am to 5pm.

After-hours appointments are available Thursday evenings & Saturday mornings.

Sonder acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present whom we share this great country with.

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DO YOU HAVE A MENTAL HEALTH CONCERN?

WOULD YOU BENEFIT FROM SOME SUPPORT?

The Adult Wellbeing program aims to improve access to quality primary mental health services within the northern and western metropolitan region.

The program provides free of charge counselling services to clients in the community with mild to moderate mental health conditions.

A maximum of 12 counselling sessions are available per calendar year. The first 6 sessions are accessible upon receipt of a Mental Health Treatment Plan. A further 6 sessions are only available after a mental health review by your referring GP. Appointments are generally offered at a number of locations including Edinburgh North, Port Adelaide, Modbury and a number of other colocations throughout the region.

After hours appointments are also available on Thursday night and Saturday mornings.

Who is eligible?

To be eligible for Adult Wellbeing you must:
- Be aged 14 years or over;
- Live within the Northern and Western metropolitan region of Adelaide;
- Have a GP Mental Health Treatment Plan;
- Have a mental health concern and would benefit from short-term focused psychological intervention.

Who are the Sonder staff?

Counselling sessions are delivered by mental health clinicians who are experienced and qualified psychologists and social workers. They are specialised in providing clinical therapy for a variety of mental health conditions.

Our team ensures that clients receive the most appropriate focused psychological strategies to meet their needs.

How to access the program

You can access the program via your GP who needs to complete a Mental Health Treatment Plan. A Mental Health Treatment Plan is a plan made by you and your GP to treat a mental health condition.

The steps to getting a Mental Health Treatment Plan include:
1. Make an appointment to see your GP. When making a time to see your GP explain to the receptionist that you need to make a longer appointment because you want to discuss getting a Mental Health Treatment Plan.
2. When you see your GP, they will assess whether a Mental Health Treatment Plan is suitable for your needs and discuss potential referral treatment options, and what actions you need to take.
3. Once you have your Mental Health Treatment Plan it will be sent by your GP to our service, Sonder.
4. Our mental health staff will contact you to discuss your referral, assess your level of need and plan the appropriate treatment option.

Your rights and responsibilities

Information about your rights and responsibilities are provided at the first appointment. This will include details about how we manage personal information.

You can also visit sonder.net.au or call and talk to one of our friendly staff.