

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

Perinatal Anxiety and Depression Australia

☎ National Perinatal Anxiety and Depression Helpline 1800 184 527

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ADELAIDE

An Australian Government Initiative

This program is funded by Adelaide Primary Health Network-an Australian Government initiative.

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



(08) 8209 0700 🖨 (08) 8252 9433



info@sonder.net.au



www.sonder.net.au



/Sonder_SA



@Sonder_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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Family wellbeing

North & West Adelaide Region

Counselling for children with emotional, behavioural or mental health concerns and their families

DOES YOUR CHILD HAVE AN EMOTIONAL, BEHAVIOURAL OR MENTAL HEALTH CONCERN?

WOULD THEY BENEFIT FROM SOME SUPPORT?

Family Wellbeing is a counselling program for children who have or are at risk of developing an emotional, behavioural or mental health concern.

Children can be offered up to 12 counselling sessions per calendar year with a mental health clinician.

Clinicians provide individual and child friendly therapeutic counselling. Group programs are also available depending on the time of year.

Appointments are offered at our offices in Edinburgh North and Port Adelaide. Where possible, outreach appointments are also available at child friendly community organisations.

The Family Wellbeing program is a free service.

Who is eligible?

Children aged 5 to 11 years and who have or are at risk of developing an emotional, behavioural or mental health concern can be referred to Family Wellbeing.

Priority access is given to those children who:

- Are known/involved with Families SA or at risk of Families SA involvement;
- Who have been suspended or excluded from school;
- Who have been involved with the Juvenile Justice system;
- Have a Aboriginal or Torres Strait Islander background;
- Are from a Culturally and Linguistically Diverse group and/or from a migrant background.

Children who don't meet one of the above priority areas can still be offered an appointment but may experience a longer wait time.

Who are the Family Wellbeing Staff?

Counselling sessions are delivered by qualified and experienced mental health clinicians. They are specialised in providing clinical therapy for young children.



How to access the program

For GPs to make a referral to this program, please complete a Mental Health Treatment plan and fax it to Sonder on **(08) 8252 9433**.

For all other health or educational professionals wishing to make a referral, please complete the Community Referral Form (available from sonder.net.au) and fax to the above number.

Prior to commencing counselling, for legal reasons, we require consent from both parents unless there is a court order in place that gives sole responsibility to an appointment person.

We welcome contact from parents and other concerned family members also. If your child or a child you know could benefit from this program, please call **(08) 8209 0700** and ask to speak to the Family Wellbeing Coordinator.

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.