

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

☎ 000

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

phn
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.



© 2018



Perinatal wellbeing

North & West Adelaide Region

Psychological therapy for new and expecting mums

ARE YOU A NEW OR EXPECTING MUM?

DO YOU HAVE INCREASED LEVELS OF STRESS, WORRY AND SADNESS?

The **Perinatal Wellbeing** program provides individual counselling for new and expecting mums who are experiencing depression, anxiety or other mental health concerns.

Having a new baby can be thrilling and rewarding, but at times it can be difficult and stressful.

Many changes can happen to a woman when she is pregnant and after she gives birth. These changes can leave new mothers feeling sad, anxious or overwhelmed. For many women, these feelings go away quickly, but when they persist or get worse, professional help is needed.

When do I need help?

If you are a new or expecting mum and experience the following signs and symptoms, seeking help is recommended.

- Feeling moody, irritable and restless;
- Feeling sad, hopeless, and overwhelmed;
- Crying excessively;
- Having no energy or motivation;
- Eating too little or too much;
- Sleeping too little or too much;
- Having trouble focusing or making decisions;
- Having memory problems;
- Feeling worthless and guilty;
- Losing interest or pleasure in activities you used to enjoy;
- Lack of interest in the baby, friends and family;
- Having headaches, aches and pains, or stomach problems that don't go away.

How do I get help?

There are 2 ways to access this program:

- You can be referred by a Maternal or Child Health Nurse, Midwife or your Obstetrician. Program staff will then assist you to get a GP Mental Health Treatment Plan.
- You can be referred directly by a GP with a Mental Health Treatment Plan.

Once we have received your referral, we will contact you to confirm your place.

The program offers 6 counselling appointments with a mental health clinician. If required, a further 6 appointments can be accessed after review by your doctor. There is no cost for this service.

Therapeutic Counselling

The Perinatal Wellbeing staff are mental health clinicians who are experienced and highly skilled in counselling new and expecting mums.

Appointments are confidential and provide the opportunity to speak about the issues concerning you. You will work with your mental health clinician to develop new ways to improve your ability to cope and quality of life.

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.