



Our recovery-focused approach

We support people living with mental health concerns to improve their wellbeing and pursue a life with meaning, hope and purpose.

We do this through:

- Respecting your values, treatment and support preferences.
- Focusing on and amplifying your strengths.
- Supporting you to develop and reach personal goals and ambitions.
- Helping you to develop self-management skills.

Please note: due to program restrictions, clinicians are unable to provide medico-legal reports or assessments.

If you need help

Sonder is not an emergency service. If you are experiencing a crisis or imminent life-threatening situation, please contact:

Emergency Services 24/7 000

Lifeline 13 11 14

Mental Health Triage Service 13 14 65


Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

Contact us

 **Metropolitan Regional** (08) 8209 0700
(08) 8209 0710

 PO Box 421, Elizabeth SA 5112

 (08) 8252 9433

 info@sonder.net.au  sonder.net.au

 SonderSA  Sonder_SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities.

We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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Adult Wellbeing

No cost therapeutic counselling for people with mild to moderate mental health concerns



Adult Wellbeing provides no cost counselling services to clients experiencing mild to moderate mental health concerns such as anxiety or depression.

Following an initial assessment, our team will discuss the most appropriate treatment plan for your needs.

You will be able to access up to 6 appointments initially, with a Mental Health Treatment Plan.

Our friendly and professional Mental Health Clinicians will work with you in fortnightly appointments to develop new strategies to manage symptoms, so you can begin to make changes in your life and improve your wellbeing.

What do we offer?



Regular, flexible appointments

Appointments are every fortnight and last for an hour. You will see the same clinician each time.



Highly trained Clinicians

Clinicians will assess your needs and then use proven techniques to help you manage your symptoms.



Safe & friendly environment

Our Clinicians will provide you with safe, confidential and judgement-free treatment.



No cost

Mental health services are free at Sonder.

Am I eligible?

To be eligible for this program, you must:

- Be aged 14 years or over;
- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Gawler or Barossa;
- Have a Mental Health Treatment Plan and;
- Have a mental health concern and would benefit from short-term focused psychological intervention.

What should I expect at my first appointment?

Attending your first appointment can cause some anxiety so our Clinicians will try to help you feel comfortable and answer any questions that you have.

We will firstly explain our confidentiality process and how we manage your personal information so that you can provide your consent.

Your Clinician will then ask some questions about your mental health and the impact it is having on your day-to-day life. You will be asked to complete a short questionnaire about your symptoms, this will help your Clinician to understand your situation, set therapy goals with you and plan your treatment.

Who are the staff?

The Adult Wellbeing staff are highly skilled and experienced Mental Health Clinicians, including Psychologists, Mental Health Accredited Social Workers and Mental Health Nurses. Our staff will ensure you receive the most appropriate service to meet your needs.

How do I access the service?

To get started with Adult Wellbeing, you'll need to visit your GP and request a Mental Health Treatment Plan. For information on how to access a Mental Health Treatment Plan, visit our website sonder.net.au

Where can I access the service?

Adult Wellbeing is delivered at Sonder Edinburgh North, Nuriootpa, Gawler and a number of other locations across the Playford, Salisbury, Tea Tree Gully and Gawler council areas.