



Our comprehensive mental health service

Sonder provides a wide variety of mental health services for people with all types of support needs.

Following a comprehensive assessment, our team work in partnership to connect people with the right service.

Clients can access appropriate mental health care aligned to their individual needs and can easily move between programs to suit their changing support needs.

Sonder is focused on integration with the broader health care system. Where necessary, we support clients to refer to services outside of Sonder to ensure their needs are fully met.

PLEASE NOTE: DUE TO PROGRAM RESTRICTIONS, CLINICIANS ARE UNABLE TO PROVIDE MEDICOLEGAL 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 one of the following services.

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

✉ PO Box 421, Elizabeth SA 5112

☎ (08) 8209 0700 🖨 (08) 8252 9433

@ info@sonder.net.au

🌐 www.sonder.net.au

📘 /Sonder_SA 🐦 @Sonder_SA



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

Funded by

phn
ADELAIDE

An Australian Government Initiative



Perinatal Wellbeing

No cost therapeutic counselling for new and expecting mothers



© 2020

Are you a new or expecting mother? Do you have increased levels of stress, worry or sadness?

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, but when they persist or get worse, it is important to seek help.

Perinatal depression affects one in 10 women during pregnancy, and one in six women in the first year after the birth.

Our Perinatal Wellbeing program provides no cost counselling services for new and expecting mothers who are experiencing depression, anxiety or other mental health concerns.

Our Clinicians will work with you to develop new strategies to manage those 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 friendly Clinicians will provide you 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;
- Be in the perinatal period (pregnant or up to 2 years post-giving birth);
- Be experiencing symptoms of peri/postnatal depression or anxiety;
- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Port Adelaide Enfield or Charles Sturt and;
- Have a GP Mental Health Treatment Plan.

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.

At your first appointment you will be asked some questions about your history and also about the impact of your symptoms 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 some goals with you and plan your treatment.

Who are the staff?

The Perinatal Wellbeing staff are Mental Health Clinicians, including Psychologists, Mental Health Accredited Social Workers and Mental Health Nurses who are highly skilled in counselling new and expecting mothers.

How do I access the service?

To get started with Perinatal 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

Alternatively, you can be referred by a Maternal or Child Health Nurse, Midwife or Obstetrician via our Community Referral form, which you can download from our website.

Where can I access the service?



Sonder Edinburgh North
2 Peachey Rd
Edinburgh North SA 5113

Sonder Port Adelaide
2/78-80 Dale St
Port Adelaide SA 5015