



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 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 0710 📠 (08) 8252 9433

@ info@sonder.net.au 🌐 sonder.net.au

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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.

Sonder welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

Funded by

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ADELAIDE

An Australian Government Initiative



Shared Care with GPs

Clinical therapy service for people with chronic, severe and complex mental health conditions.



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Our Shared Care program provides clinical therapy for people with chronic, severe and complex mental health conditions.

The program is suitable for people who present with a Tier 3 diagnosis, such as psychotic disorders, bipolar affective disorder, schizophrenia, personality disorder, severe depression, severe anxiety and severe eating disorders, and who are suitable to be managed in a primary setting.

Our specialist Mental Health Clinicians will consult closely with you to ensure that you receive focussed therapy tailored to meet your individual needs.

Your clinician will ensure an integrated care approach by working together with you, your GP, and any other support services or support persons involved in your care.

What do we offer?



Regular appointments with a highly trained Clinician

You'll see the same clinician throughout your treatment, each fortnight.



Coordinated care

Clinicians work alongside your GP to ensure that both your mental and physical needs are met.



Safe, friendly environment

Our centres are warm and inviting. Our friendly Clinicians will provide you safe and confidential treatment.



No cost

Mental health services are free at Sonder.

Am I eligible?

To be eligible for this program, you must:

- Be aged 16 – 65;
- Be diagnosed with a tier 3, chronic or complex mental health condition;
- Live in the council areas of Charles Sturt, Port Adelaide Enfield, Salisbury or Tea Tree Gully and;
- Have a GP Mental Health Treatment Plan.

Who are the staff?

The Mental Health Clinicians working in the Shared Care program have varied professional backgrounds, all with a special interest, additional training, and experience in this area.

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 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. Confidentiality and how Sonder manages your personal information will be discussed.

We will also let you know what will happen if you need to cancel appointments and what to do if you're unhappy with the service you're receiving. Before you leave, your next appointment will be arranged and we'll explain anything that you need to do before your next appointment.

How do I access the service?

To get started with the Shared Care program, you'll need to visit your GP and request a Mental Health Treatment Plan. Find out more on our website, sonder.net.au

Where can I access this service?

This service is delivered at:



Sonder Edinburgh North

Kurna Country, 2 Peachey Rd
Edinburgh North SA 5113



Sonder Port Adelaide

Kurna Country, 2/78-80 Dale St
Port Adelaide SA 5015