



## 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



## Family Wellbeing

No cost counselling for children with emotional, behavioural or mental health concerns.



## Would your child benefit from some support?

Family Wellbeing offers counselling for children who have or are at risk of developing emotional, behavioural or mental health issues.

Our counselling service aims to improve the wellbeing of your child, help you to develop new skills and strengthen family life.

Our evidence-based therapies for children include: cognitive behavioural therapy, acceptance and commitment therapy, family therapy and attachment-based therapy. Parents are invited to be present during therapy.

## What do we offer?



### Child-friendly support

Our clinicians are specialised in providing clinical therapy for young children.



### Comfortable, friendly environment

Our counselling rooms are warm, inviting and child-friendly.



### Regular, flexible appointments

Book appointment times that suit your availability.



### No cost

Mental health services are free at Sonder.

## Am I eligible?

### To be eligible for this program, your child must:

- Be aged between 5 and 11 years old;
- Live in the council areas of Charles Sturt, Port Adelaide Enfield, Salisbury, Playford or Tea Tree Gully and;
- Have or be at risk of developing an emotional, behavioural or mental health concern.

## Who are the staff?

The staff in the Family Wellbeing program are qualified and experienced Mental Health Clinicians.

They are specialised in providing clinical therapy for children and will assess your child's needs and then work with you to provide treatments to help your child to manage symptoms.

## As a parent or guardian, what do I have to do before my child can start therapy?

After you are referred to the Family Wellbeing program, we will contact you by phone to complete an intake assessment. We will ask some questions about your child's situation to determine whether our service is best placed to meet the needs of your child.

Following the phone intake, we will ask you to come in for a parent-only appointment, where we will go through more information about the program, our policies and procedures, and sign the consent form. We will also look at some treatment goals for your child and complete a short questionnaire about their strengths and difficulties.

Once this process is completed, we will book an appointment for your child and commence therapy.

## How do I access the service?

To get started with Family Wellbeing, you'll need to visit your GP and request a Child Treatment Plan or Mental Health Treatment Plan.

Alternatively, your child could be referred by a school or the Department of Child Protection via our Community Referral Form, available for download from our website.

You can also self-refer by calling us directly on (08) 8209 0700.

## Where can I access this service?

This service is delivered at Sonder Edinburgh North and Port Adelaide.



**Sonder Edinburgh North**  
2 Peachey Rd  
Edinburgh North SA 5113

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