



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, practitioners 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 0700 📠 (08) 8252 9433

@ info@sonder.net.au 🌐 sonder.net.au

f 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.

Funded by

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ADELAIDE

An Australian Government Initiative



Suicide Prevention Service

Support for people with suicidal thoughts



Short-term support to help keep you safe when you start to have thoughts about wanting to end your own life.

Having suicidal thoughts can be hard to talk about and very distressing to experience.

Our Clinicians are specially trained to speak with you about these subjects with no jargon or judgement, and to provide you with a safe and supportive environment to talk about what you have been feeling.

Our Clinicians will work with you to develop a safety plan and strategies, and connect you with the right services to meet your needs.

What do we offer?



Responsive appointments

We will provide you with the help you need when you need it and check in to see how you're going.



Highly trained clinicians

They'll provide you with strategies to help manage suicidal and self-harming behaviours.



Safe and friendly environment

Our friendly Clinicians will provide 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 and;
- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Port Adelaide Enfield or Charles Sturt.

Who are the staff?

The Suicide Prevention Service staff are Mental Health Clinicians, including Psychologists, Accredited Mental Health Social Workers and Mental Health Nurses.

Our Clinicians are high skilled in helping people recover from suicidal thoughts and self-harming behaviour. Our staff will ensure you receive the most appropriate service to meet your needs.

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.

Before you begin, your clinician will outline how Sonder manages personal information and how confidentiality works.

Your clinician will ask you some questions (also known as a risk assessment) to better understand your suicidal and/or self-harming behaviours.

Your clinician will work with you to create a safety plan and some strategies to manage suicidal thoughts.

At this time, if you have been referred for another Sonder service, your clinician will also determine which program will suit you best. If Sonder isn't the right fit for you, your clinician will assist you to find alternative support that best meets your needs.

How do I access the service?

To get started call us directly on **(08) 8209 0700** and we'll discuss how to access the service.

Once we receive your referral, we will contact you within 24 hours to arrange an appointment time (72 hours if the referral is received on a Friday afternoon or over the weekend).

Where can I access the service?

Sonder Edinburgh North
2 Peachey Rd, Edinburgh North SA 5113

Sonder Port Adelaide
2/72 Lipson Street, Port Adelaide SA 5015