

Volunteering with emerge.

Because the most important voice at Sonder, is yours

Are you a young person looking to make a difference?

If you're passionate about helping young people and making a difference in your local community, you can get involved in a number of ways! These include joining our Youth Reference Group and giving us feedback.

Are you a family member or friend looking to make a difference?

Join our Family and Friends Focus groups which are held throughout the year and assist with the quality improvement and evaluation of the emerge program for family members and friends.

Contact us for more information.

Funded by

phn
ADELAIDE

An Australian Government Initiative

Where you can access this service.

Sonder Onkaparinga

Kaurna Country
5/50 Esplanade, Christies Beach SA 5165
Phone (08) 8186 8600 Fax (08) 8186 8699

headspace Edinburgh North

Kaurna Country
2 Peachey Road, Edinburgh North SA 5113
Phone (08) 8209 0700 Fax (08) 8252 9433

headspace Marion

Kaurna Country
233 Sturt Rd, Marion SA 5043
Phone (08) 8490 7700 Fax (08) 8490 7799

Need to talk
to someone
outside of
hours?

headspace 1800 650 890
[headspace.org.au](https://www.headspace.org.au)

Kids Helpline 1800 55 1800
[kidshelpline.com.au](https://www.kidshelpline.com.au)

Lifeline 13 11 14 [lifeline.org.au](https://www.lifeline.org.au)

Mental Health Triage 13 14 65



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

We recognise the cultural, spiritual, physical and emotional connection to their land. We pay respect to the Elders past, present and emerging.



emerge.

Youth mental
health service

Support for young
people with mental
health challenges that
are really impacting
their life

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If you have mental health challenges that are really impacting your life, know that with the right support, things can get better.

emerge offers professional counselling and support to young people aged 16 - 25.

The program is designed to be a 'step-up' service from headspace for young people who require extra levels of support.

What to expect.

At emerge, you'll receive youth-friendly support during fortnightly appointments from a team of professionals who will coordinate your care and involve you in decision-making at every step.

With functional recovery support, you'll learn to reconnect with your community and work towards reaching whatever social, education and employment goals you may have.

Your journey with emerge will be shared with a Peer Support Worker who has lived experience of mental health challenges.

Peer Support Workers understand what you are going through and provide non-judgmental and empathetic support.

Your Peer Support Worker will be able to provide you some helpful insights and strategies for coping with your mental health challenges. They'll work with you to set goals and support you to reach them.

Your family and friends also have the opportunity to talk with a Family Peer Support Worker who will offer support based on their own experiences of supporting someone in their life with mental health challenges.

What do we offer?



Respectful care

Our friendly team will provide you safe, confidential and judgement-free care.



Wrap-around support, shaped to your needs

The team is made up of mental health professionals who work together to support your care.



Youth-friendly environment

Our centres are youth-friendly and inviting.



No cost

Mental health services are free at Sonder.

Who are the staff?

Clinicians (Psychologists, Social Workers, Mental Health Nurses or Occupational Therapists), Care Coordinators, Peer Support Workers and Functional Recovery Workers who work together as a team to help you to achieve your goals.

Is emerge right for me?

emerge is for young people aged 16-25 who are experiencing mental health challenges that are really impacting their life such as:

- Severe Anxiety
- Severe Depression
- Eating Disorders
- Borderline Personality Disorder
- Trauma
- Bipolar Disorder
- Psychosis

Ready to get started?

To get started with emerge, you can give Sonder a call or visit your GP and request a Mental Health Treatment Plan.

To find out how to get a Mental Health Treatment Plan, check out our webpage:

sonder.net.au/mental-health-treatment-plan

Alternatively, you can be referred into the program by your school, health worker, community worker, or a family member or friend (with your permission).

They will need to complete the Community Referral Form available from **sonder.net.au/emerge**

The completed Referral Form can either be faxed to us or dropped off in person at one of our centres listed on the back of the brochure.