



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.

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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

 (08) 8209 0700

 PO Box 421, Elizabeth SA 5112

 (08) 8252 9433

 info@sonder.net.au  sonder.net.au

 SonderSA  Sonder_SA



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.

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



Focused Mind

Short-term, intensive phone-based treatment for people experiencing mild to moderate depression, anxiety or stress



Focused Mind is based on Cognitive Behaviour Therapy, a practical, evidence-based treatment recommended for people experiencing mild to moderate depression, anxiety or stress.

The program is focused, short in duration and provided over the phone.

Our skilled Practitioners will work with you to set goals and develop new strategies to manage your depression, anxiety or stress. They'll also provide you with access to resources to record your progress and use in the future.

Your first appointment will last an hour, where you will be asked about your depression, anxiety or stress and how it is affecting your day-to-day life.

Subsequent weekly appointments will be 30 minutes in length, held over 5 weeks.

You will need a quiet place, access to a phone and somewhere to make notes for the duration of the appointment.

What do we offer?



Short term, goal-focused treatment

Set goals and learn new strategies to manage depression or anxiety



Phone-based appointments

Appointments are 30 minutes in duration, making it easier to access during work or study



Specifically trained Mental Health Practitioners

Specialised in delivering this type of treatment



No cost

Mental health services are free at Sonder

Am I eligible?

To be eligible for this program, you must:

- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Port Adelaide Enfield or Charles Sturt;
- Be experiencing mild-moderate depression, anxiety or stress and;
- Be seeking practical treatment to manage your symptoms.

Who are the staff?

Focused Mind staff are Mental Health Practitioners who are specifically trained in delivery in this type of treatment.

Our staff will ensure you receive the most appropriate service to meet your needs.

How do I access the service?

Access to Focused Mind is easy! You can visit your GP and request a a Mental Health Treatment Plan or you can self-refer.

To self-refer into the program



Download a referral form from sonder.net.au/focused-mind



Send us the completed form via email info@sonder.net.au or fax to (08) 8252 9433



Call us to discuss referrals (08) 8209 0700

For information on how to access a Mental Health Treatment Plan, visit our website sonder.net.au

Where can I access the service?

Focused Mind is delivered via the phone, so you can access the service at home, at the office or wherever is most convenient for you.