



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

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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.

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Residential Wellbeing

Therapeutic counselling for people living in residential aged care facilities



Do you feel sad, lonely or less interested in the things you used to enjoy?

If you are living in a residential aged care facility, and are feeling more nervous or worried than usual, know that you are not alone.

Our Residential Wellbeing program provides therapeutic counselling for free and aims to help you cope with the challenges of living in a residential facility and improve your quality of life.

What do we offer?



We come to you

Appointments can be provided in your room or another confidential space in the facility.



Flexible service

We work alongside other social support or recreational activities provided by your residential facility.



Professional support, tailored to your needs

Our clinicians are skilled in understanding the needs of older adults.



No cost

Mental health services are free at Sonder.

What is therapeutic counselling?

Therapeutic counselling is more than 'having someone to talk to'.

Residential Wellbeing gives you the opportunity to develop skills to improve your quality of life.

Our Mental Health Clinicians offer support if you have:

- Recently moved into the facility and are having difficulty adjusting to your new home.
- Previously accessed counselling support or have a history of mental illness.
- Recently experienced stress, trauma or grief and loss.
- Lost motivation and enjoyment in engaging in residential activities.

What happens at the appointments?

At your appointment, the Mental Health Clinician will speak privately with you in your room or another confidential space provided by the facility.

Most people who access this service find that after 5-10 appointments, they have developed strategies that will support their wellbeing.

How do I access the service?

You can refer yourself directly, or ask your GP, staff at the facility or a family member to make contact on your behalf, by calling Sonder on **(08) 8209 0700**.

Please ask staff about the referral process and they will be able to provide you with the referral form to complete.

A clinician routinely visits your facility and your details can be provided directly to that person in a confidential envelope.

Who are the staff?

The Residential Wellbeing team is made up of highly skilled and experienced mental health clinicians.

Mental health clinicians include Psychologists, Mental Health Accredited Social Workers and Mental Health Nurses.

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