



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.

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 life-threatening situation, please contact:

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

 2/72 Lipson St, Port Adelaide SA 5015

 (08) 8209 0790  (08) 8209 0799

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



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



Western Wellbeing Hub

Mental health services for adults, children and their families and new or expecting parents



Western Wellbeing Hub provides a range of free mental health services for people living in western Adelaide.

Western Wellbeing Hub services are evidence-based and recovery-focused, designed to empower individuals to develop and achieve their goals.

Our team will work with you to build self-management skills that help to improve your mental health and wellbeing.

Services include:

- Brief intervention counselling
- Peer coaching and navigation
- Psychological therapy
- Suicide prevention
- Clinical care coordination
- Parenting groups

What we offer



Brief intervention counselling

Short-term brief intervention counselling for people experiencing emotional distress. Our Mental Health Practitioners will work with you throughout 1-3 sessions to develop new strategies and skills to support you to reach your goals and improve your wellbeing.



Peer coaching and navigation

Our Peer Practitioners use their own personal experience of mental health challenges to support you to set goals, develop skills and navigate services that best meet your needs.



Psychological therapy

Evidence-based psychological therapy for children and families, adults and new/expecting parents. Our Mental Health Clinicians will support you to develop new strategies to address concerns and improve your wellbeing.



Suicide prevention

Specialised support for people experiencing suicidal thoughts. Our Mental Health Clinicians will work with you to develop a plan and put strategies in place to keep you safe.



Clinical care coordination

Care planning and service coordination for people experiencing severe and complex mental health concerns. Our team will work with you and your GP to plan what services will help you most and how to access them.



Parenting groups

Our parenting groups support parents and carers of children to gain confidence in parenting, identify their child's behavioural cues, foster their child's ability to manage emotions and enhance the development of their child's self-esteem.

Accessing the services

Psychological therapy or clinical care coordination

To access these services, you will first need to visit your GP and request a Mental Health Treatment Plan. Your GP will then send a referral to the Head to Health Phone Service via HealthLink Secure Messaging (EDI: adphncru).

Brief intervention counselling, suicide prevention, peer coaching and navigation or parenting groups

To access these services, you can self-refer by calling the Head to Health Phone Service on 1800 595 212, or complete a referral form at:



sonder.net.au/western-wellbeing

Scan the QR code