



## 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

**phn**  
ADELAIDE

An Australian Government Initiative



## Western Wellbeing Hub

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



# At the Western Wellbeing Hub, we provide a range of **free** mental health services for people living in western Adelaide.

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

Our team will help you to build on your strengths and take steps toward improving your mental health and overall wellbeing.

With a wide range of services available, we make it easy to connect with support that adapts to your changing needs over time.

## Services include:

- Counselling
- Peer coaching and navigation
- Psychological therapy
- Suicide prevention
- Clinical care coordination
- Group-based support

## What we offer



### Counselling

Short-term, targeted counselling to support you to address concerns and develop new skills to 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

We offer psychological therapy for adults, children and families, and new/expecting parents. Develop new strategies to address mental health concerns and improve your wellbeing.



### Suicide prevention

Specialised support for people experiencing suicidal thoughts. Working together, we will support you to develop a plan and put strategies in place to keep you safe.



### Clinical care coordination

Our team will work with you and your GP to plan what services will help you most and how to access them.



### Parenting group

Our parenting group helps parents and carers build confidence, understand their child's behaviour, support emotional regulation, and nurture their child's self-esteem.



### DBT skills group

Our DBT skills group offers a supportive space to build resilience, improve emotional wellbeing, and develop practical skills to navigate life's challenges.

## Accessing the services

You can self-refer by completing the online referral form via the link below:



[sonder.net.au/western-wellbeing](https://sonder.net.au/western-wellbeing)  
Scan the QR code

Alternatively, speak with your GP or health worker and ask them to make a referral on your behalf.

GPs and health professionals should download a Referral Form from our website and send it to the Head to Health Phone Service via Healthlink (EDI: adphncru) or by Fax to (08) 8121 1802, along with any relevant documentation, including Mental Health Treatment Plans.