



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 0710  (08) 8252 9433

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

 SonderSA  Sonder_SA



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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COUNTRY SA

An Australian Government Initiative



AIM

Alcohol & Other Drug Intervention & Management

No cost service for adults living in regional SA with concerns about their alcohol and/or other drug use and mental health.



Are you concerned about your use of alcohol and other drugs? Are you also worried about your mental health? We can help.

In this program, you'll work with friendly Clinicians to set goals and develop new strategies to reduce your alcohol and other drug use and manage mental health concerns.

Your journey with AIM may be shared with a Peer Practitioner who has a lived experience of substance use concerns.

Peer Practitioners understand what you are going through and can provide helpful insights and strategies based on their own personal experience.

Our team can work with other people involved in your care to support you to make long-term changes to your use of alcohol and/or other drugs.

What do we offer?



Integrated care

Support for both your alcohol and/or other drug use and mental health concerns.



Positive goal setting

Set goals and focus on the changes that are most important to you.



Support from people who understand

Peer Practitioners will provide you with helpful insights based on personal experience.



No cost

Services are free at Sonder.

Am I eligible?

To be eligible for this program, you must:

- Be aged 16 years or over and;
- Be experiencing substance use concerns and mental health concerns;
- Be able to attend appointments in either Nuriootpa, Gawler, Victor Harbor or Kingscote.

Who are the staff?

Clinicians and Peer Practitioner, experienced in the treatment of alcohol and other drug use concerns and psychological therapy for people concerned about their mental health.

They work together as a team with other people involved in your care to help you achieve your goals.

How do I access this service?

Getting started with is easy! You can either refer yourself into the program, or a health professional can make a referral on your behalf.

Visit sonder.net.au/AIM to download a referral form. Submit the completed form via email to info@sonder.net.au or fax to **(08) 8252 9433**.

To refer yourself over the phone or to talk our team, call **(08) 8209 0710**.

Where can I access this service?

This service is delivered at consulting locations in Nuriootpa, Gawler, Victor Harbor and Kingscote.

What should I expect at my first appointment?

- Your first contact will most likely be with a Peer Practitioner. Attending a service for the first time can cause some anxiety, so the worker will try to help you feel comfortable and answer any questions.
- At your first appointment you will be asked some questions about your history, your alcohol and/or other drug use and the impact of your symptoms on your day-to-day life.
- Answering these questions will help your worker to understand your situation, set some goals with you and plan your treatment.
- We'll also discuss confidentiality and how we will manage your personal information.
- We'll let you know what to do if you need to cancel appointments and what to do if you're unhappy with the service you're receiving.
- Before you leave, we'll arrange your next appointment and explain anything that you need to do before then.