



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:

Emergency Services 000

Regional Access 1300 032 186

Lifeline 13 11 14 or **Kids Helpline** 1800 551 800

Suicide Call Back Service 1300 659 467

Mental Health Triage Service 13 14 65

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.



An Australian Government Initiative



Country Wellness Connections

Free support for people with mental health challenges to build skills and reach their goals.



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Country Wellness Connections

Support for people who are living with mental health challenges to build the skills they need to reach their personal goals.

Mental health challenges can affect many areas of life.

Clinical support, like psychology and psychiatry, helps improve your mental health. But what about the other parts of life that impact your recovery journey?

Country Wellness Connections can help you build the life you want.

We provide psychosocial recovery support to help you:

- Be more independent.
- Build skills in finances and budgeting.
- Find a home and look after it.
- Set career and study goals
- Explore NDIS services.
- Improve relationships with friends and family.
- Participate in activities in your community.
- Maintain a healthy lifestyle.
- Manage substance use concerns.
- Build confidence and resilience.

What do we offer?



Guided by you

We'll provide services guided by your personal goals and recovery journey



Support at every step

We work together with you, and your carers, to improve your quality of life



Lived experience

Our team has lived experience of mental health challenges and recovery



Try new things

Choose from a range of activities to learn new skills and stay active in your community

Am I eligible?

To be eligible for this service, you must:

- Be aged 16 years or over;
- Live in the council areas of Gawler, Barossa, Adelaide Plains, Light Regional, Wakefield or Goyder;
- Be living with mental health challenges and benefit from this level of support. This could include depression, anxiety disorders, personality disorders, psychotic disorders, eating disorders, substance use disorders, or trauma-related disorders and;
- Not be receiving similar psychosocial recovery support through the NDIS or other state-funded services.

A clinical diagnosis is **not** necessary to be eligible for this service.



How do I access the service?

You can refer yourself or a carer or health professional can make a referral on your behalf.



Scan the QR code or visit: grco.de/bfFeDS

Or you can download a copy of our referral form on our website and email it to info@sonder.net.au or fax to (08) 8252 9433.

Where can I access this service?

Our team can travel to you or you can visit us at our locations in Gawler or Nuriootpa.



Sonder Gawler
Kaurna Country
36 Main N Road,
Willaston SA 5118



Sonder Nuriootpa
Ngadjuri Country
14 Scholz Avenue,
Nuriootpa SA 5355