

Client details

Full name:			
Home address:			
Phone:		DOB:	
Gender:		Pronouns:	
Emergency contact:	Name:	Phone number:	
Do they identify as LGBTQIA+?	<input type="checkbox"/> Yes <input type="checkbox"/> No	How do they identify?	
Do they identify as culturally and linguistically diverse?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Interpreter required?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do they identify as Aboriginal and/or Torres Strait Islander?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Please select the following health care arrangement/s that are applicable:			
<input type="checkbox"/> NDIS	<input type="checkbox"/> Concession/Pension/Health Care Card		
<input type="checkbox"/> GP Mental Health Treatment Plan	<input type="checkbox"/> Home/Aged Care Package		
<input type="checkbox"/> Department for Veteran Affairs (DVA)	<input type="checkbox"/> Other:		

Referrer details (if applicable)

Date of referral:		Referrer name:	
Phone:		Fax:	
Organisation:		Email:	
Role:			

Risk assessment

<p>Does the individual have a history of self-harm?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No Details:</p>
<p>Do they have current thoughts about suicide?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No Details:</p>
<p>Have they recently experienced thoughts of harming others?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No Details:</p>
<p>Are they currently taking any medications?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No Details:</p>

What are the main concerns or issues they would like support with?

Services

This referral is for the following Western Wellbeing Hub services:	
<input type="checkbox"/> Psychological therapy for adults	Evidence-based psychological therapy for adults (aged 16 years +).
<input type="checkbox"/> Psychological therapy for new or expecting parents	Evidence-based psychological therapy for new or expecting parents.
<input type="checkbox"/> Psychological therapy for children and families	Evidence-based psychological therapy for children (aged 0 – 11) and families.
<input type="checkbox"/> Suicide prevention	Specialised support for people experiencing suicidal thoughts.
<input type="checkbox"/> Counselling	Short-term (1 – 3 sessions) brief intervention counselling for people experiencing emotional distress.
<input type="checkbox"/> Peer coaching & navigation	Peer Practitioners draw on their lived experience with mental health challenges to help individuals set goals, build skills, and navigate the right services to meet their needs.
<input type="checkbox"/> Clinical care coordination	Care planning and service coordination for people experiencing severe and complex mental health concerns.
<input type="checkbox"/> Support groups	<ul style="list-style-type: none"> • Parenting – support for parents and carers to build confidence, understand their child's behaviour and support emotional regulation. • DBT skills – focused on teaching Dialectical Behaviour Therapy (DBT) skills to help individuals manage emotions, improve relationships, and enhance overall emotional resilience. • Exercise physiology – led by qualified professionals, this group provides tailored exercise support designed to promote physical health and overall wellbeing.

Other services

In addition to Western Wellbeing Hub services, Sonder offers a range of other supports for individuals living in the Port Adelaide area, including:

- **Psychological Therapy** for Aboriginal and/or Torres Strait Islander people
- **Shared Care with GPs** for people experiencing chronic, severe and complex mental health conditions.
- **Alcohol and/or Other Drugs Support** (In-Home Withdrawal Service)
- **Chronic Disease Management** for Aboriginal and/or Torres Strait Islander people (Closing the Gap – Integrated Team Care)

If the individual is interested in any of these services, please contact the team at Sonder Port Adelaide via phone at (08) 8209 0790, or email info@sonder.net.au

Submit the referral

For GPs and health professionals

Please send the completed referral to the Head to Health Phone Service via Healthlink (EDI: adphncru) or by Fax to (08) 8121 1802, along with any relevant documentation (Mental Health Treatment Plan, Discharge Summary, Assessments).

For self-referrals

You can submit your completed referral form to Sonder via email at info@sonder.net.au, or by delivering a printed copy to our team at Sonder Port Adelaide, located at 2/72 Lipson St, Port Adelaide.

If you would like to discuss the referral, please contact the Western Wellbeing Hub team at (08) 8209 0790 or via email at info@sonder.net.au.