

Referral information for GPs and other health professionals

To refer a patient, download the referral form our website and send it to the **Medicare Mental Health Phone Service** via:

- **EDI:** sahthiar
- **Fax:** (08) 9467 6233
- **Email:** MedicareMHps.CSA@neaminational.org.au
- **Phone:** 1800 595 212

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 mental health crisis, 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

f SonderSA in 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.

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Adult Wellbeing

Psychological therapy for people living in Gawler or Barossa with mild to moderate mental health concerns.



Adult Wellbeing provides free psychological therapy and support for people experiencing mental health concerns such as anxiety or depression.

Our friendly Mental Health Clinicians will work with you to:

- Develop skills to manage mental health concerns.
- Set goals that align with your personal values and aspirations.
- Make changes in your life and improve your wellbeing.

We provide a safe, non-judgmental space where you can feel heard, supported, and empowered to take steps toward better mental health.

What do we offer?



A safe space

Feel comfortable to speak your mind in a confidential and judgement-free space



Highly trained clinicians

You'll see the same Clinician each time, only telling your story once



Build resilience

We'll work together to develop skills in the areas that matter most



No cost

Services are free at Sonder

Am I eligible?

To be eligible for this service, you must:

- Be aged 14 years or over; and
- Live in the council areas of Gawler or Barossa; and
- Have mental health concerns and benefit from short-term therapy.

Where can I access this service?

Adult Wellbeing appointments are available in Gawler and Nuriootpa.

How do I access the service?

Getting started with Adult Wellbeing is easy.

Visit your GP and request a referral into the program.

Alternatively, call the **Head to Health Phone Service** on **1800 595 212** for advice and connection to the mental health service or support that is right for you.

Who are the staff?

- The staff are Mental Health Clinicians, including Psychologists, Mental Health Accredited Social Workers and Mental Health Nurses.
- Our highly skilled and experienced staff will ensure you receive the most appropriate service to meet your needs.