

Where can I access the service?

You can choose to access services at one of our centres located across metropolitan Adelaide, via Telehealth or at a suitable location in your community.

Edinburgh North

2 Peachey Road
Edinburgh North SA 5113

Port Adelaide

2/72 Lipson Street
Port Adelaide SA 5015

Marion

233 Sturt Road
Marion SA 5043

Christies Beach

5/50 Esplanade
Christies Beach SA 5165

Are you ready to get started? It's easy!

To get started with NDIS Plus services at Sonder, you can:



Fill out our easy online referral form
sonder.net.au/counselling-therapy



Talk to someone over the phone
1800 717 676



Email us
ndisenquiry@sonder.net.au

Contact us



PO Box 421, Elizabeth SA 5112



1800 717 676



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, and experiences, and celebrates all identities, genders, sexes, orientations and abilities.

We embrace diverse voices in our decision-making to ensure we deliver inclusive services.



NDIS Plus

Counselling & Therapy

Supporting young people and adults with a disability to live their best lives.



Choose Sonder as your disability provider and get more out of your NDIS plan.

We support young people and adults with a disability to:

- Improve their wellbeing.
- Live active and healthy lives.
- Overcome personal barriers.
- Access personalised and culturally relevant services that meet their needs.
- Access meaningful employment.

Our multi-disciplinary team take time to understand your unique health and wellbeing needs.

Working closely with your family and carers, we will support you to access the services that best meet your needs, so you can develop skills and live your best life.

Counselling & Therapy

As one of South Australia's leading providers of mental health services, look no further than Sonder for high-quality NDIS Counselling and Therapy support.

If your NDIS plan includes funding for Capacity Building: Improved Daily Living, Improved Health and Wellbeing or Improved Relationships, you may choose to use that funding to work with one of our NDIS Psychologists and Counsellors.

Our services include:

- Psychological Therapy
- Counselling
- Assessments

Your Psychologist or Counsellor will work with you and others involved in your support network to help you to build skills that improve your wellbeing and overall quality of life.

They will provide you with support that is tailored to your specific needs. Together, you will work on breaking down any personal barriers that may be preventing you from reaching your goals.

This could include:

- Improving your social skills.
- Building skills to manage your emotions.
- Enhancing your capacity to participate in community activities.
- Improving your independence.
- Creating a plan to manage mental health symptoms.
- Empowering your support network.

What to expect

1. Understanding your needs

When you make contact with us, we will discuss your needs and how we can best support your wellbeing. A service agreement will be developed and agreed upon.

2. Meeting your clinician

Next, you will meet with your Psychologist or Counsellor and plan how you will work together to achieve the goals listed on your NDIS plan.

3. Putting your plan into action

You will work through your plan with your Psychologist or Counsellor. Together, you will continuously check how you are tracking with your goals, discussing your next steps and how we can support you further.

Why choose us?



Guided by you

We will support you to access all the health & wellbeing services you need to live your best life.



Goals-focused

Our services are focused on empowering you to achieve your goals.



Safe & friendly environment

Our centres are warm and inviting. Our friendly workers provide respectful and inclusive services.



Wrap-around support

Our multi-disciplinary and experienced team work together to support your care.