

About Mission Australia

Mission Australia is a national Christian charity that has been standing alongside Australians in need since 1859.

Backed by our supporters, churches, partners and funders, we combat homelessness, provide housing, assist struggling families and children, address mental health issues, fight substance dependencies, support people with disability and much more. Together, we stand with Australians in need until they can stand for themselves.

Partners Toward Wellbeing acknowledges Aboriginal and Torres Strait Islander people as Australia's First Nation People and we pay respect to Elders Past, Present and Emerging.



COMMMS11150

Emergency services

Partners Toward Wellbeing does not provide an emergency service. If you are experiencing an emergency please contact any of the following services:

Emergency Mental Health..... 000
Triage Service13 14 65
Suicide Call Back Service1300 659 467
Alcohol and Drug
Information Service1300 13 1340
Kids Helpline1800 551 800
Lifeline 24 Hour
Crisis Counselling.....13 11 14
Beyond Blue1300 22 46 36
Lived Experience
Telephone Support Service.....1800 013 755

Contact us

Service hubs are located in Northern Adelaide, Southern Adelaide and Central Adelaide

☎ 08 8417 8100

✉ PTW@missionaustralia.com.au

💻 missionaustralia.com.au

**MISSION
AUSTRALIA**

Sonder
Better Care Better Health

Partners Toward Wellbeing

Partnering with people living with AOD and Mental Health concerns towards wellbeing



**MISSION
AUSTRALIA** | together we stand

About Partners Toward Wellbeing program

Partners Toward Wellbeing program is a free, confidential and voluntary program for individuals.

The program helps people address the practical, physical, social and emotional issues that often accompany living with AOD and Mental Health concerns.

We provide; peer support, AOD counselling, and psychological support to address both AOD and mental health problems and can provide care coordination to ensure your needs are addressed by the most appropriate services in the community.

The program is delivered by Mission Australia in partnership with Sonder.

The relationship between alcohol and other drugs and mental health

Alcohol and other drugs can affect your mental health, leading to what is known as comorbidity.

It can be a challenge to receive the proper care to address both addiction and mental health. We are fully trained in the area of alcohol and other drugs and mental health to ensure you receive the best care for your wellbeing goals.

What we offer:

Wellbeing planning with trained AOD professionals

Our team of **peer support workers, AOD workers, and comorbidity clinicians** will work with you to develop a plan utilising tailored evidence-based therapies to help you achieve your substance use and mental health goals. We can also assist your family or support network.

Peer support

A peer support worker is someone who has lived with addiction and mental health challenges.

They can personally relate to challenges you may be facing in both your daily living and can help you stay engaged in a treatment program.

Cultural and age appropriate support

Our team understand that coming from a diverse background or older age group can add further challenge to accessing the right help.

We will be guided by you and best practices to support you and your goals. We also have a First Nations specific worker to assist you in the way that is most helpful to you.

Outreach and care coordination

We can help you in other areas of your life and can link you with other services such as housing, health and financial wellbeing.

We can provide assistance and referrals to support engagement in education, training and employment. We will work alongside other organisations, people or family members in supporting you.

Who do we help?

We support individuals who want to make changes to their drug and/or alcohol use and improve their mental health. Support will be prioritised for people from diverse backgrounds, such as:

- *Culturally and Linguistically Diverse*
- *Older people*
- *Families*
- *Aboriginal and Torres Strait Islander people*

Referrals

Participants may self-refer via telephone, email or complete a referral form at:

www.forms.office.com/r/kqEu5CbVLN

Or scan the QR code

to link to our online referral form.

