



Referral information for Community Mental Health Teams

Referrals are accepted from Community Mental Health Teams within CALHN and NALHN.

Before submitting a referral, please contact our team to discuss client suitability.

 (08) 8209 0700

For more information, download
our information sheet at:

sonder.net.au/pathways-to-recovery

Emergency help

If you or someone you know is experiencing a life-threatening situation, please call:
Emergency Services **000**

24/hour helplines

Lifeline **13 11 14**

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 0700  (08) 8252 9433

 info@sonder.net.au  sonder.net.au

Follow us  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.



Pathways to Recovery

Support to transition from tertiary
mental health services to services
in your community.



As you take your next steps, we'll work together to keep you feeling strong and supported.

Moving forward after hospital or specialist mental health care can feel like a big step.

When it's time to transition back into your community, we'll be with you every step of the way.

With decades of experience, our team provide compassionate and holistic care to help you build confidence on your journey of recovery.

Getting back to everyday life can take time, and that's okay. Our support is available for up to 6 months.

What do we offer?



Care coordination

We'll work with other services to help you get the right support and resources for your needs.



Psychological therapy

Talk with a Clinician in a safe space to better understand yourself, manage challenges, and work toward your recovery goals.



Lived experience

Our Peer Practitioners have their own experience of recovery. They'll walk alongside you, offering understanding, encouragement, and practical support.



Integrated care

We'll stay connected with your doctor and care team to make sure everyone understands your goals and supports you in the best way possible.

Where can I access this service?

Pathways to Recovery is delivered from our locations in Edinburgh North and Port Adelaide.



Sonder Edinburgh North

2 Peachey Road, Edinburgh North SA 5113



Sonder Port Adelaide

72 Lipson Street, Port Adelaide SA 5015

Where possible, we can provide support at your general practice located in northern or western Adelaide.

What are the next steps?

If you've been recommended for Pathways to Recovery, the Community Mental Health Team supporting you will make a referral.

Next, our team will contact you and arrange a time to start planning your journey.

Learn more



For more information, visit
[sonder.net.au/
pathways-to-recovery](https://sonder.net.au/pathways-to-recovery)