

## Referral information for GPs and other health professionals

Patients can refer themselves by completing the online referral form.

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

 (08) 8209 0760  (08) 8252 9433

 info@sonder.net.au

 PO Box 421, Elizabeth SA 5112

## Follow us

 sonder\_southaustralia

 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.

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## AIM

### Alcohol and/or other drug Intervention and Management

Support for people living in regional South Australia experiencing mental health and alcohol and/or other drug use concerns.



## Are you concerned about your use of alcohol and/or other drugs? Are you also worried about your mental health? We can help.

In this free program, you'll work with friendly Clinicians to set goals and develop new strategies to reduce your alcohol and other drug use and manage mental health concerns.

Your journey with AIM may be shared with a Peer Practitioner who has lived experience of substance use concerns.

Peer Practitioners understand what you are going through and can provide helpful insights and strategies based on their own personal experience.

Our team can work with other people involved in your care to support you to make long-term changes to your use of alcohol and/or other drugs.

## What do we offer?



### Integrated care

Support for both alcohol and/or other drug use and mental health concerns



### Support from people who understand

Our team are here for you with helpful insights from personal recovery experiences



### Set personal goals

Focus on the changes that are most important to you



### No cost

Services are free at Sonder

## Am I eligible?

### To be eligible for this service, you must:

- Be aged 16 years or over; and
- Be experiencing substance use concerns and mental health concerns.

## Where can I access AIM?

Appointments are available in Nuriootpa, Gawler, Victor Harbor, or Kingscote.

## How do I access the service?


Getting started with AIM is easy.

You can refer yourself or a health professional can make a referral on your behalf.



Complete the referral form on our website or contact our friendly team.

 [sonder.net.au/aim](https://sonder.net.au/aim)

 (08) 8209 0760

 [aimreferrals@sonder.net.au](mailto:aimreferrals@sonder.net.au)

## Who are the staff?

- Clinicians and Peer Practitioners.
- They are experienced in the treatment of alcohol and/or other drug use concerns as well as providing psychological therapy for people concerned about their mental health.
- They work together as a team along with other people involved in your care to help you achieve your goals.