Our approach

We're Neami. We're big believers in everyone having the opportunity to live a meaningful life.

For some people, this means having a stronger sense of self. For others, it may mean nurturing relationships or building the confidence to tackle tomorrow.

Our approach is based on evidence: what people tell us helps and has been proven to work. We adjust and improve our approach to make sure we're doing the very best we can for others.

We value lived and living experience. We learn from people's personal experiences of mental health challenges, adversity, and interactions with support services.

We work with you

The way we work with people is responsive and flexible to suit you. We work at your pace and tailor our support to meet your specific needs and circumstances.

The reasons people access support from Neami are diverse, sometimes complex, and often without a clear solution. We know that people need different things for a fulfilling life. Our role is to support people to access what they identify as helpful.

Our services are usually provided in English. If you need help speaking or understanding English, we can arrange an interpreter. Please let our staff know when you call or visit.

Pathways to Recovery

4/118 Main South Road
Morphett Vale SA 5162

Monday to Friday, 9am – 5pm

08 8326 3591

southernwellbeinghub@neaminational.org.au

Emergency contacts

Police, ambulance and fire: 000

Lifeline: 13 11 14

Mental Health Triage: 13 14 65

Urgent Mental Health Care Centre: 08 8448 9100

About Neami National

Neami supports people to achieve wellbeing and mental health outcomes that matter to them. We provide free services across Australia for mental health and wellbeing, housing and homelessness, and suicide prevention.

www.neaminational.org.au

Pathways to Recovery is delivered by Neami National in partnership with SA Health.

Government of South Australia
SA Health

We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

October 2026



Pathways to Recovery

A Southern Wellbeing Hub service providing holistic mental health and wellbeing support

neami national
Improving Mental Health and Wellbeing

About our service

Pathways to Recovery provides holistic mental health and wellbeing support to people who are ready to transition from public community mental health services, with a focus on both mental and physical health and wellbeing.

You will work with a peer worker and a mental health clinician for up to six months, with the option to extend support to 12 months if appropriate.

Working together, we can support you to:

- explore what's helpful and supportive when you're experiencing distress
- develop a deeper understanding of your mental health experiences and wellbeing
- improve your quality of life
- strengthen your support network
- connect you with other services and programs that support your wellbeing.



How we can support you

Therapeutic services

We collaborate with you, drawing on your lived experiences to shape the support that suits your needs.

Peer support

You'll have access to a Peer Worker from the start of your support with Pathways to Recovery, throughout, and while you're transitioning out. Peer workers have their own lived experience of mental health and wellbeing challenges. They work with you and the Mental Health Clinician to support the outcomes that matter to you.

Care coordination

We will work alongside you to coordinate your care, including other services and your support people. We'll support you to connect and communicate with services in the community that you tell us are important.

Improving physical health

We can work with you and your GP to manage any physical health challenges that may arise alongside your mental health needs.

Psychosocial support

We can provide individual and group education about wellbeing, mental health, managing side effects and mindfulness.

We can also support you with daily activities, parenting, community connection, relationships and employment.

Who can access the service?

You can access the Pathways to Recovery service if you are aged 16 to 64 years and:

- are experiencing complex mental health and wellbeing challenges, such as severe anxiety or depression, psychotic or mood disorder, and/or personality disorder
- have accessed tertiary care (public mental health services) and may be transitioning out of a Community Treatment Order
- are ready to transition into a community and recovery-oriented program, and require support to do this
- live in South Australia.

How to access the service

You can be referred to the Pathways to Recovery program via a Local Health Network community mental health team.

For referrals, please call the Southern Wellbeing Hub on 08 8326 3591.