

Our approach

We're Neami. We're big believers in everyone having the opportunity to live a full 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. We support people to improve their quality of life in a way that suits them.

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

We value lived and living experience. We try to learn from people's personal experiences of mental health challenges, adversity and interactions with support services. We use what we learn to design and influence our programs and services.

We work with you

The way we work with people is responsive and flexible to suit you. This means being supportive and working at your pace.

We respect your choices and how you want to be supported. We work together through ups and downs and when there are no clear answers.

People's reasons for accessing support from Neami are diverse. Our role is to support people, and we know that different people require different supports.



Southern Wellbeing Hub

4/118 Main South Road, Morphett Vale SA 5162

☎ 08 8326 3591

✉ southernwellbeinghub@neaminational.org.au

Emergency contacts

Police, ambulance, fire: 000

Lifeline: 13 11 14

Mental Health Triage: 13 14 65

UMHCC: 08 8448 9100

About Neami National

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

www.neaminational.org.au



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.



Southern Wellbeing Hub

Free, welcoming therapy and support for people experiencing mental health challenges.



Our services

Evidenced-based therapies

One-to-one support for people experiencing mental health challenges. Services are offered face-to-face with occasional telehealth support available as negotiated with your clinician/coach.

Low intensity interventions

Short-term mental health therapy offered to individuals and through group support programs.

Suicide prevention service

Short-term individual support to manage distress, prevent self-harm and suicide, and reduce the need for emergency support such as hospital admission.

Psychological therapies

Moderate-term therapy for individuals aged 16 - 65 experiencing anxiety, depression, stress, grief, and/or trauma.

Peer navigation and support

Short-term support from a worker with their own lived experience of mental health challenges. You can access peer support on its own or alongside other services.

Psychological evidenced-based therapies for families and children

Using brief, evidence-based interventions to provide both individuals and whole of family psychological supports. Our skilled clinicians tailor treatment planning and shared goals to be achieved collaboratively. These short to medium term sessions work within an evidence-based framework assisting children, caregivers and families experiencing mental health challenges and concerns.

Clinical care coordination

Working with you to identify your needs and supporting you to have these needs met through appropriate referrals, advocacy, education and liaison with others in your treatment team.

**Our services
are safe and
welcoming
spaces for all
communities.**



Eligibility

The Southern Hub mental health services are for

- children up to 11 years of age and their families
- individuals aged 16 - 65 years
- people needing different levels of intensity, and duration of mental health support.

Make a referral

You can be referred to the Southern Wellbeing Hub via a Mental Health Treatment Plan (MHTP) issued from a GP. If there are barriers to accessing a MHTP or GP, a provisional referral can be completed by a community service provider. Where the above options are not available, you can refer yourself by presenting to the Hub between 1pm-8pm on Wednesdays and Thursday.

Provisional referral forms can be found at neaminational.org.au. Please fax referrals to the Adelaide Medicare Mental Health phone service on 08 8121 1802.

