

Our approach

We're big believers in everyone having the opportunity to live a full life – and we give our all to support people to achieve the wellbeing and mental health outcomes that matter to them. Our practice is informed by evidence; what's been proven to help people with mental health challenges and adversity and what people tell us helps. We aspire to place lived and living experience at the heart of what we do.

We work alongside you

The way we work with people is responsive and very human in its nature. This means being flexible and working at your pace – meeting you where you're at. Through ups and downs and when no clear answers are ready. We respect your choices, your ways and what you want to be supported with.

People's reasons for accessing support from Neami are diverse and often have several dimensions. Our role is to support people to access what they need for a fulfilling life – knowing that requires different things for different people.



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

At Neami we support individuals living with mental health challenges to achieve the outcomes they value. We are proud to support 34,000 people living with mental health challenges in over 45 different Indigenous lands. These services include mental health and wellbeing support, housing and homelessness, and suicide prevention services.

www.neaminational.org.au

Funded by



An Australian Government Initiative



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 mental health support for all ages. Walk in anytime. No appointment, Medicare card or Mental Health Care Plan needed.

Call 08 8326 3591 for more information.

About us

The Southern Wellbeing Hub offers free, welcoming support for people experiencing mental health challenges, together with their families and carers. We provide a safe space for you to receive a range of mental health supports from counselling, evidence-based psychological therapies, clinical care coordination, clinical suicide prevention services, group-based supports, as well as peer support and navigation.

No wait, no referral, no Medicare card, and no Mental Health Care Plan needed. Just walk in for support.

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.

Low intensity interventions

Short-term mental health support via individual or group therapy using evidence-based structured interventions.

Suicide prevention service

Immediate and short-term individual support to manage distress, prevent self-harm and suicide for people during a period of increased risk of suicide.

Psychological therapies

Moderate-term structured individual or group psychological therapies using evidence-based trauma informed focused strategies.

Peer navigation and support

Short-term support from a peer with their own lived experience of mental health challenges either through their own journey or as a carer for someone else. You can access peer support on its own or alongside other services.

Psychological evidenced-based therapies for families and children

Family focused services for children and their families presenting with mental health challenges.

Clinical care coordination

Working with people experiencing chronic and complex health issues to identify needs and providing support to have these needs met through appropriate referrals, advocacy, education and liaison with others in your treatment team.

Dialectical Behaviour Therap (DBT) Lite Group Program

DBT Lite is a free six-week group that teaches practical skills to help you manage emotions, build resilience and cope with life's challenges. Regular intakes are available throughout the year.

Eligibility

The Southern Wellbeing Hub mental health services are for people aged 16 years and over needing different levels of intensity, and duration of mental health support.

It is also suitable for children (0 - 11 years) and their families needing low to moderate intensity supports.

Neami utilises an evidence-based assessment tool to identify what type and level of support a person may need, and to prioritise access to that support.

Make a referral

No Medicare card, Mental Health Care Plan, or appointment is required.

Individuals aged 16 years and over can refer themselves or their children by:

- Presenting to the Southern Wellbeing Hub between 12-8pm on Wednesdays and Thursdays, and every second Saturday between 9am-1pm
- Contacting the Southern Wellbeing Hub on 08 8326 3591 between 8:30am-5pm Mondays, Tuesdays, and Fridays and 8:30am-8pm Wednesdays and Thursdays
- Calling Medicare Mental Health on 1800 595 212.

Alternatively, ask your GP or health worker to make a referral on your behalf via:

The Southern Wellbeing Hub referral form available on our website:



[neamination.org.au/
services/southern-
wellbeing-hub](https://neamination.org.au/services/southern-wellbeing-hub)

HEALTHLINK EDI: neamiswh