

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 walk 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



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

Family focused services for children up to 11 years old presenting with mental health challenges.

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 Head to Health on 08 8121 1802.

