

## Get support, get connected

Wellness Connect offers community-based, one-to-one coaching and groups that support recovery for people whose mental health experience impacts their day-to-day activities.

Support is individual to the person and can focus on exploring strategies to support your daily living, looking after your health, connecting you to housing and employment supports, as well as improving your connections with family, friends and your local community.

You'll learn strategies and develop skills that help you to:

- Identify your strengths
- Build healthy coping skills
- Achieve your goals
- Find people to help you improve your health and wellbeing
- Strengthen your support networks
- Stay safe

## Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that reflects their values and goals for the future.

## Working together

Wellness Connect is delivered across metropolitan Adelaide led by Neami National, working with Life Without Barriers, Mind Australia, Skylight and Community Access and Services SA.

Wellness Connect is supported by funding from Adelaide PHN through the Australian Government's PHN Program.



## Contact Us

Call 1300 358 220

[wellnessconnect@neaminational.org.au](mailto:wellnessconnect@neaminational.org.au)  
[www.wellnessconnect.org.au](http://www.wellnessconnect.org.au)



Wellness Connect acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.



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



## Support for people experiencing mental health challenges

## Improve your health and wellbeing

Using a recovery focus, we support you at the times when you need it most.

An experienced mental health support worker will walk beside you in your recovery.

Support offered:

- Up to 12 sessions of one-on-one support to identify goals, link into local services and supports, and build confidence and networks
- You can also attend a group-based program for up to 12 months. Groups cover three broad categories: social and recreational skills, practical skills and emotional wellbeing
- Support to test eligibility for the National Disability Insurance Scheme (NDIS), including assistance to gather evidence and complete an application.

The Service Navigator is available to Wellness Connect participants as an additional support identifying relevant services and facilitating supported referrals.



## Our group activities

Each week we run a diverse range of groups with the aim to increase confidence in social connection, build on life skills and support overall wellbeing. Groups on offer change every three months.

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**“The groups have given me the confidence to get out of home more and make new friends.”**

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**“Initially I did not want the program, I wanted my individual supports. But now I’ve found I’m making decisions for myself when I used to ring my support worker.”**

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**“I’m in the best place of my life right now. Thank you!”**

## Is this service right for you?

Wellness Connect is for people:

- Aged 18 – 66 years old
- Who live in the Adelaide metropolitan area
- Whose mental health experience impacts their day-to-day activities
- Who are not NDIS participants.

## How to refer

Anyone can make a referral to Wellness Connect including:

- You
- A family member or friend
- Your GP
- Any other organisation.

## What next?

For more information or to access a referral form, please phone Wellness Connect or visit our website:

 1300 358 220

 [wellnessconnect.org.au](https://wellnessconnect.org.au)

