

MENTAL HEALTH SERVICES

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Helping you manage your
mental health and wellbeing

UNITING
SA *Together
we can*

64 Dale Street, Port Adelaide, SA 5015
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UnitingSA acknowledges the traditional owners of country throughout South Australia, their spiritual heritage, living culture and our walk together towards reconciliation.



Our Mental Health Services give you access to direct and personalised support to help you manage your recovery and stay healthy.

How can we help?

Our services offer individualised support to help you:

- Handle life's obstacles
- Form positive relationships
- Identify and work towards your goals
- Develop skills and independence
- Find or maintain independent accommodation
- Manage daily tasks
- Feel confident and connected with your community
- Get the right information, outreach and advocacy support

Who can we help?

We offer support to individuals, families and young people living with a mental illness or mental health concern, across metropolitan Adelaide and Country SA.

Who are we?

Our **Mental Health Services** are here to help you manage your recovery, live independently and stay healthy.

This service is run by UnitingSA — a not-for-profit organisation all about respect, compassion and justice. With a long and proud history of building stronger communities, our can-do attitude is dedicated to supporting South Australians.

Want to know more?

Give us a call on 8440 2260 or book a time to meet up. We're here Mon - Fri, 9am to 5pm.

