

MENTAL HEALTH SERVICES

GP ACCESS PROGRAM

One-on-one support to help
manage your mental health



GP Access is a free rehabilitation and recovery support service for people living with a mental illness who see a General Practitioner (GP) for their clinical needs.

How can we help?

We provide tailored, one-on-one psychosocial supports in your own home and local community. We can help you to:

- Develop and work towards a recovery and wellness plan
- Apply for or maintain suitable housing
- Develop life skills and a daily routine
- Get involved in social, recreational or educational activities
- Build skills and confidence to participate in your community

Who can we help?

We can help you if you live in the Western or Southern Metropolitan area and have a referral from a GP or Government Mental Health Service worker.

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, UnitingSA's can-do attitude is dedicated to supporting South Australians.

Want to know more?

Give us a call. We're here Mon - Fri, 9am to 5pm:

GP Access Outer South: 0414 899 149

GP Access Inner South: 0410 029 063

GP Access West: 8440 2217

W. unitingsa.com.au **E.** unitingsa@unitingsa.com.au

This program is funded by the SA Government Department of Health.

UnitingSA acknowledges the traditional owners of country throughout South Australia, their spiritual heritage, living culture and our walk together towards reconciliation.