

**MENTAL HEALTH SERVICES**

# GP ACCESS PROGRAM

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



# MENTAL HEALTH SERVICES

**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, our 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 South:** 0410 029 063

**GP Access West:** 8440 2217

**W.** [unitingsa.com.au](http://unitingsa.com.au) **E.** [unitingsa@unitingsa.com.au](mailto:unitingsa@unitingsa.com.au)

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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.

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