

**MENTAL HEALTH SERVICES**

# MENTAL HEALTH SERVICES

Helping you manage your  
mental health and wellbeing

**UNITING**  
**SA** *Together  
we can*

64 Dale Street, Port Adelaide, SA 5015  
**P.** (08) 8440 2260 **W.** [unitingsa.com.au](http://unitingsa.com.au)

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.

