



Links to Wellbeing mental health clinicians provide counselling and support services for people who are experiencing mental health problems.

Advantages of this service

- Easy access through a centralised intake fax number and walk-in service
- A free – no gap – service for up to 12 sessions
- After hours appointments are available
- A multidisciplinary team of psychologists, social workers and registered mental health nurses
- Strong links and quick referral pathways to local community services
- No waitlist
- Evidence-based and recovery focused mental health support
- Seven locations across Central and Southern Adelaide

Support Services

We offer services for clients across the spectrum of needs. From low-intensity to chronic anxiety/depression, complex-schizo affective disorders and trauma.

Low-intensity assessment and intervention

Access assessments and interventions with or without GP referral

Easy to access, high-quality assessments and intervention services that individuals can access directly with or without a referral from a General Practitioner.

Psychological therapies

Help people develop skills to manage symptoms that concern them.

Up to 12 psychological intervention sessions for mild, moderate, complex or chronic mental health issues. Available supports include:

- Cognitive behavioural therapy
- Relaxation and skills training
- Interpersonal therapy
- Psycho-education

Suicide Prevention Service

Helps to provide timely and appropriate support.

Short-term program, providing risk assessments, counselling, and support to prevent suicide and self-harm and avoid the need for hospital admission.

The Suicide Prevention Service is not a crisis service.

Clinical Decision and Monitoring Unit (CDMU)

Assist people to link to appropriate services.

Assessment and care planning for people seeking treatment and support for their mental illness that may require further assessment, involves complexities or requires multiple services.



A multidisciplinary team

Our team of experienced mental health professionals includes psychologists, nurses, occupational therapists and social workers. We work with clients to determine the supports that are best for them.

We encourage clients to be fully involved in planning treatment and support.

With strong links to local community services our team help connect and strengthen client's support networks. Finding services that best support them.

Making a referral

We have a single access point for all faxed mental health treatment plans and a quick allocation process.

Central intake fax number: 1300 580 249

Referral forms are available from our services and online at neaminational.org.au/linkstowellbeing

Contact us

Contact our **Clinical Lead** at Morphett Vale for referrals, further information or assistance.

Email: linkstowellbeing@neaminational.org.au

Phone: 08 8326 3591

Central intake fax: 1300 580 249

www.neaminational.org.au/linkstowellbeing



Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National (lead agency), Mind Australia, Mental Illness Fellowship South Australia and Uniting Care Wesley Bowden.



Service locations

We operate from sites across Central and Southern Adelaide

Morphett Vale

4/118 Main South Road
Morphett Vale SA 5162
Phone: 08 8326 3591

Marion UCWB

730 Marion Road
Marion SA 5043
Ph: 08 8296 6455

Glynde Mind

19 Glynburn Road
Glynde SA 5070
Ph: 08 8296 6455

Mile End Mind

73 Henley Beach Road
Mile End SA 5031
Ph: 08 8296 6455

Wayville MIFSA

5 Cooke Terrace
Wayville SA 5043
Ph: 08 8378 4100

Aldinga GP Plus

Tuesdays and Thursdays
Pridham Boulevard
Aldinga Beach SA 5173
Ph: 08 8557 9500

Trinity Gardens Children's Centre

First and third Mondays each month
160 Portrush Road
Trinity Gardens, SA 5068
Ph: 08 8333 2557