



# COUNTRY WELLNESS CONNECTIONS

## SKYLIGHT LIMESTONE COAST SERVICES

Individual Support &  
Activity Programs

Are you interested in a service to support you with your wellbeing and mental health? Skylight's Country Wellness Connections offers support for people living in the Limestone Coast who may be experiencing mental health issues, are looking connect with their community, establish a social support group and build a more meaningful life.

### **Skylight offers both individual Support Services and Activity Programs**

These programs can assist you with:

- Building the confidence to create and achieve your goals
- Information and assistance with NDIS applications
- Connecting to services such as Centrelink, job and housing agencies or medical and financial services
- Engaging with your local community and meet new people

Skylight staff can sit down with you individually to plan what you would like to achieve and how to get there.

To get started or to learn more call the team at  
Skylight Mental Health on 0455 368 308 or 8723 6533



An Australian Government Initiative

SEE MENTAL HEALTH DIFFERENTLY