

At Skylight we are inspired by the resilience of the human spirit and the potential in all of us to live well.

Our services are designed around your direct needs, to strengthen a meaningful life as defined by you.

Everything from connecting with the community, staying on top of the day-to-day or making space for new opportunities. We're right here with you.

We share a journey to empowerment with individuals, their families, friends and carers.

How can I access Skylight Services?

Most supports can be funded with an NDIS Plan. Many supports are free to access. Skylight supports are also available to people who choose to self-fund their services.

Please give our Customer Relations Team a call on (08) 8378 4100 to discuss which option is best for you.

“Skylight offers excellent programs, encouraging my skill development. Skylight has opened up opportunities that have been life-changing.”
– Skylight Participant

SKYLIGHT MENTAL HEALTH

Ph: (08) 8378 4100

W: skylight.org.au

E: skylight@skylight.org.au

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

METRO LOCATIONS

Wayville 73 Henley Beach Rd, Mile End SA

Christies Beach 64 Elgin Ave, Christies Beach SA

Elizabeth 15 Elizabeth Way, Elizabeth SA

REGIONAL LOCATIONS

Murraylands 100 Adelaide Rd, Murray Bridge SA

Limestone Coast 12 Crouch St Sth, Mt Gambier SA

APY Lands Pukatja, SA



SEE MENTAL HEALTH DIFFERENTLY

Registered NDIS Provider:

4050000735

Skylight Mental Health is committed to providing a diverse and inclusive environment for people from all genders, ages, sexualities, cultures, and backgrounds.



SEE MENTAL HEALTH DIFFERENTLY

Skylight Services



SEE MENTAL HEALTH DIFFERENTLY

Our Services

Individual Support Workers

At Skylight, we understand that each person has unique needs, and that's why our Support Workers are here to help you with a range of activities. Whether it's accessing the community, learning new skills, or managing day-to-day tasks, our team will provide you with the necessary support and guidance to enhance your quality of life.

Plan Management

Skylight's Plan Management service streamlines the administrative burden of your NDIS plan, so you can focus on achieving your goals. Our Participant Portal provides easy access to your plan information, so you can stay updated and informed at all times.



www.skylight.org.au

Therapeutic Groups

Skylight provides a range of therapeutic services, including Acceptance and Commitment Therapy (ACT), Art Therapy, Sound Minds, and Trauma Sensitive Yoga groups. These groups are designed to support people to enhance their mental wellbeing and can be particularly useful for individuals experiencing stress, anxiety and depression.

Counselling & Therapy

Our Counselling service offers a confidential space for participants to work in collaboration with qualified counsellors to enhance their mental health and wellbeing, increase self-awareness, and address any concerns.

Activity Groups

Skylight Activity Groups offer an opportunity to socialise, meet new people, and engage in various activities within your community. From art to music, cooking to bushwalking, we offer a diverse range of programs to cater to your interests and passions.

Recovery Coaching

Our Psychosocial Recovery Coaching team have exceptional expertise in mental health and/or have lived experiences with psychological conditions. As specialists in this field, they bring a wealth of knowledge and insights to guide you on your journey.

Support Coordination

Our Support Coordinators work with you to help you make the most of your NDIS plan. We believe in empowering you to take control of your decisions and goals, with our team providing expert guidance and support.

Carer Services

We understand that supporting someone with a mental illness can be challenging, which is why we offer a range of individual and group support options for carers and family members. We also provide support for the individuals themselves who are living with a mental illness, so everyone can receive the necessary assistance to lead a fulfilling life.

Country Wellness Connections

Country Wellness Connections provides support and mental health services to people living in the Murraylands and Limestone Coast. It offers individual coaching and group activities that support recovery for people with mental health challenges who are not supported by the NDIS.

Community Connections

Community Connections is a 12-week program with a "Goal Outcome Approach" which specifically surrounds the needs and goals of the individual. Support through the Program may include helping people get involved in local community activities, find new support groups, or meet their neighbours. Community Connections is available for people who are not eligible for services such as NDIS or My Aged Care.

Wellness Connect

Wellness Connect NPSP (National Psychosocial Support Program) at Skylight offers one-to-one peer coaching that supports recovery for people living with mental health challenges. Support can focus on receiving practical help with daily living, looking after your health, finding a home, gaining employment as well as improving your connections with family, friends and the community. Support is available for people who do not currently receive NDIS.