

Get support, get connected

Country Wellness Connections offers one-to-one coaching and group activities that support recovery for people with mental health challenges, who are not currently supported by the NDIS.

We provide support by walking along side you as you work on your recovery in life areas such as; daily living, looking after your health, housing difficulties and employment, as well as improving connections with family, friends and the community

You'll learn strategies and develop skills which help you to:

- Identify your strengths
- Develop and achieve your goals
- Build resilience
- Find people to help you improve your wellbeing
- Connect with family or with your community
- Explore accessing the NDIS
- Enjoy a full and vibrant quality of life

Mental health recovery

We believe that recovery is an individual process and with the right kind of support each person can move towards a life that matches their values and goals for the future.

Skylight Mental Health Country Wellness Connections Limestone Coast | Murraylands

Ph: (08) 8378 4100

W: skylight.org.au

E: skylight@skylight.org.au

PO Box 310 Marlestone SA 5033

ABN: 85 595 741 081



Funded by



An Australian Government Initiative

WORKING TOGETHER

Country Wellness Connections is delivered throughout the Murraylands and Limestone Coast regions by Skylight Mental Health.

This service has been made possible by funding from Country SA PHN.



Skylight acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Skylight celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



SEE MENTAL HEALTH DIFFERENTLY

Country Wellness Connections

Murraylands & Limestone Coast

Practical support for people experiencing mental health challenges.



SEE MENTAL HEALTH DIFFERENTLY

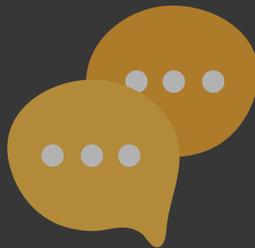
Improve your mental health and wellbeing

Using a recovery focus, we will walk beside you at the times when you most need it. The length of support varies around need and is delivered by an experienced mental health team.

Support focuses on four areas;

- Individual recovery – one to one short term (ten sessions) psychosocial support to identify goals, build confidence and networks. Can be accessed alongside the group program
- Group based recovery – accessing a group-based psychosocial recovery program. Can be accessed along with individual support
- NDIS Access – one on one support to test eligibility for NDIS including support to gather evidence and complete an application
- Access to other services – link into local services and supports

As recovery is individual, also support is individual, and the mix of services you may select will be based on your choices and the goals you decide to work on.



“

Talking in person and having someone helping you and to talk to make things better and easier for me. Makes me stop avoiding problems. Encourages me to do more and make my own decisions.

”

Country Wellness Connections feature groups across three categories; social & recreational, practical skills and emotional self-regulation. Each support different aspects of a person's journey.

One of your program options may be to access individual support with an experienced Support Worker who will walk beside you in the development of goals and also engagement with the group program to support recovery. Working together this represents a holistic approach which is strengths-based, recovery-oriented and trauma-informed.

The service is co-designed and informed by the living experience of participants, support workers and management.

Is this service right for you?

Country Wellness Connections is for people who:

- Are aged 16 years and over
- Live in the Murraylands or Limestone Coast regions
- Experience mental health challenges
- Are not supported by the NDIS

Make a referral

For more information and to discuss referral, please phone Skylight (08) 8378 4100 or go to skylight.org.au

