

**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.



SEE MENTAL HEALTH DIFFERENTLY

Ph: (08) 8378 4100

Fax: (08) 8378 4199

W: skylight.org.au

E: skylight@skylight.org.au

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

METRO LOCATIONS

Central 73 Henley Beach Rd, Mile End SA

Southern 64 Elgin Ave, Christies Beach SA

Northern 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

Fleurieu Region Various Locations



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.

Registered NDIS Provider:
4050000735



SEE MENTAL HEALTH DIFFERENTLY

Therapeutic Services



SEE MENTAL HEALTH DIFFERENTLY



How can I access Skylight services?

Skylight services are funded through multiple sources. Support can be accessed with an NDIS funded package, as a fee for service option or other government grants in selected circumstances.

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

www.skylight.org.au

Therapeutic Groups

Skylight Mental Health offers a wide range of Therapeutic Groups. We update our groups according to the needs of participants. Please visit our website to find the most up to date information.

Sound Minds

A safe space for Voice Hearers to share their personal experiences.

Introduction to DBT Skills & ACT Groups

Explore skills to help with wellbeing and relationships.

Trauma-Sensitive Yoga

An opportunity for trauma survivors to reconnect with their body through mindful movement.

Art Therapy

A form of psychotherapy using creative modalities to enhance wellbeing.

“It was life-changing.....The facilitators have made a really huge difference in my life, equipping me with some skills to begin a long journey of self-awareness & self-discovery and helping me to find the strength and confidence to believe & accept myself.”

- DBT Skills Group Participant

“

The counsellors have a wealth of knowledge and are very supportive and empathetic

- Counselling Participant

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Counselling & Therapy

In Skylight Counselling, you and your Counsellor work together on a process of understanding yourself more fully and finding resources toward making constructive change.

While we use a variety of frameworks and modalities throughout the process, our practice is always built on person-centred, trauma-informed, and recovery-focused approaches.

Being deeply listened to, with empathy and without judgment, in a safe environment, can be a profoundly healing experience.

Skylight Therapeutic Services are available at various locations across metropolitan & country South Australia