

# Community Connections



Community Connections is a program that offers short term person centered support to connect with local services and support networks, community or social groups.



SEE MENTAL HEALTH DIFFERENTLY

# Who is Community Connections for?

- People aged between 18 - 64
- People living in South Australia
- People wanting to strengthen connections to communities, social networks, and services
- People not already receiving support from NDIS or My Aged Care

## What We Do:

- Work with you towards personal goals
- Link you with other services and supports such as counselling, financial services, wellbeing activities
- Explore options such as volunteering, training and activities
- Connect you with other people and community

## Phone Support Services

Lived Experience Telephone Support Service	<b>1800 013 775</b> <b>LETSS.org.au</b>
Mental Health Triage	<b>13 14 65</b>
Lifeline	<b>13 11 14</b>
13 YARN	<b>13 92 76</b>
QLife	<b>1800 184 527</b>

**Contact Skylight to find out more:**

**8378 4100**  
**skylight.org.au**



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