

Sonder is tackling long waits for mental health care in northern Adelaide

Sonder's Walk-in Weekend Afterhours Mental Health Service is the first service of its kind to open in Adelaide's north. The service, funded by the Adelaide Primary Health Network was previously only available on Saturday and Sunday evenings but has now been extended. Commencing Thursday 1 August, community members will have access to mental health support on Thursday, Friday, Saturday and Monday evenings from 5pm – 10pm.

The service will be delivered from Sonder's Edinburgh North site, at 2 Peachey Road and has been designed to help people aged 18 years and over to deal with immediate mental health issues that can be improved in a single session.

"The service gives local community members somewhere to go when times are tough and they need that extra support to talk things through and figure out their next step", says Sageran Naidoo, CEO at Sonder.

When accessing the service, clients will be supported by trained and dedicated Mental Health Clinicians, experienced in assessing and treating mental health difficulties and associated stressors.

"Our After-Hours Service Clinicians are supportive, professional, non-judgemental and empathetic in their understanding," Naidoo explains. "Clinicians aim to empower clients to access the services that they need in order to address their difficulties and issues."

Not for emergency cases

The Walk-in Weekend Afterhours Mental Health Service is appropriate for clients seeking help that stretches further than phone contact, but who do not require hospital intervention, providing a bridge between the two services.

The service aims to assess and support clients experiencing mental health difficulties by providing therapeutic support. The After-Hours Mental Health Service is not an emergency or crisis support service and Sonder will be unable to meet the needs of clients who present:

- As actively suicidal;
- As actively experiencing psychosis;
- With substance and alcohol intended difficulties;
- With high risk of aggression or violence.

Clients presenting with these conditions require more urgent support and should contact 000 or visit a hospital emergency department.

For further information, contact Sonder on (08) 8209 0700 or visit www.sonder.net.au

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