

My Resilience



Country &
Outback Health

***No cost, short term
professional support to
build mental health and
wellbeing***

My Resilience has been developed for people who are 16 years and over experiencing a mild mental health condition e.g. depression or anxiety.

My Resilience

You can access the My Resilience program via your GP who will complete a Mental Health Treatment Plan and Referral, or by self-referral.

Priority groups include:

- Aboriginal and Torres Strait Islander people
- People from culturally and linguistically diverse (CALD) backgrounds
- People who are, or are at risk of becoming homeless
- Women experiencing perinatal depression or anxiety

We work with you to develop goal orientated, focused psychological strategies to help build your mental health and wellbeing

Psychological strategies include:

- Cognitive behavioural therapy (CBT)
- Skills training
- Psycho-education
- Relaxation strategies
- Other evidence-based interventions

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



**Country &
Outback Health**

Please phone us or visit our website for more information

**P: 8643 5600
www.cobh.com.au**



Country & Outback Health gratefully acknowledges the financial and general support from Country SA PHN and the Australian Government Department of Health.



Country & Outback Health is not an emergency service, our operating hours are 9am-5pm, Monday to Friday. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: healthdirect 1800 022 222, Regional Access 1300 032 186, Lifeline 13 11 14, Mental Health Emergency 13 14 65, or Kids Helpline 1800 55 1800