

My Wellbeing



Country &
Outback Health

Therapeutic mental health support with assisted connection to other health services where needed.

My Wellbeing

My Wellbeing is a therapeutic mental health service which can also support clients with connecting to other services to support their mental health where our team see the need.

In one-on-one appointments with a mental health clinician, you will have the opportunity to:

- Identify triggers that increase your feelings of distress and uncertainty
- Work with your clinician to develop personalised coping strategies
- Address any other areas of concern relating to your mental health

Many aspects of life can impact on your mental health, in some cases your mental health clinician may:

- Discuss with you other mental or physical health needs that could benefit from additional support
- Identify or introduce you to other health and community services that can provide these supports

Our mental health clinicians will keep your doctor involved in your care every step of the way, supporting a team approach to improving your health and wellbeing.

My Wellbeing is often suited to clients with complex mental illness, those who need a high level of support or those who are in some way isolated from the community.

For a My Wellbeing appointment you will need to speak to your doctor about visiting Country & Outback Health and they will complete a referral on your behalf.

My Wellbeing is a free mental health service.

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