

Understanding Me



Country &
Outback Health



Therapeutic support for people experiencing symptoms of mental illness

Looking after your mental health can be challenging. The good news? Often, talking to a professional can help.

Our Mental Health Clinicians are specialists in human behaviour, through talking therapy they can support you to better manage your thoughts, feelings, and actions.

Understanding Me

Often signs that our mental health is struggling can be difficult to see;

- Feeling constantly overwhelmed,
- Unexplained exhaustion and trouble sleeping,
- Sudden and dramatic mood changes,
- Worries and thoughts that won't go away,
- Frequent feelings of hopelessness,
- Never wanting to socialise,

can all be indicators that you are not coping as well as you could be.

Understanding Me offers one on one appointments with a Mental Health Clinician, they can work with you to pinpoint things in your life that may be impacting on your mental health, introduce you to coping strategies and work out which ones might work best for you.

How do I make an appointment?

- For a free appointment you will need to speak to your doctor. Your doctor will make a referral to Country & Outback Health on your behalf, then we will contact you directly to make an appointment time.
- If you are an NDIS participant with Improved Daily Living funding in your Capacity Building Budget, call us and we will help you book an appointment.

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**

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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