

# Adult Psych Therapy



Country &  
Outback Health



***Therapeutic support for individuals (16+) to help them better understand and manage their feelings, emotional awareness, behaviours and coping skills.***

Our experienced Mental Health Clinicians are skilled in understanding human behaviour. People experiencing mental ill health often have difficulty controlling their thoughts, emotions and behaviour, our Mental Health Clinicians will work with you to grow your coping strategies, reduce stress and improve your wellbeing.

# Adult Psych Therapy

**Guidance for people experiencing:**

**Overcome:** you might feel that you have so many competing responsibilities that there is no time to rest, too much to do and no light at the end of the tunnel.

**Sleep problems:** life is completely exhausting, getting out of bed is hard and you feel like you could sleep all day or the opposite, you can't sleep at all.

**Emotional outbursts:** one minute your ok but the next something has triggered a sudden and dramatic change in your mood- extreme anger, resent, fear or distress.

**Anxious or intrusive thoughts:** if you're feeling anxious or stressed most or all of the time you may need some support to manage your emotions.

**Hopelessness:** constant feelings of guilt or worthlessness can leave you feeling completely hopeless like you have no direction or reason for being here.

**Social withdrawal:** we all need downtime to rest but not ever wanting to socialise with friends or participate in activities which you once enjoyed can be a warning sign.

**Substance abuse:** using alcohol or drugs as a way of escaping everyday life can be a strong sign that your mental health is suffering.

To access this FREE service, a Mental Health Treatment Plan is required. Speak to your GP who will make a referral to Country & Outback Health on your behalf.

This service is also available for NDIS participants with Improved Daily Living funding in their Capacity Building Budget.

*Please visit our website to find out more:  
[www.cobh.com.au/adult-psych-therapy](http://www.cobh.com.au/adult-psych-therapy)*

*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.*



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Outback Health**

***Please phone us or visit our website for more information***

**P: 8644 4900  
[www.cobh.com.au](http://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