

Country Wellness Connections



Country &
Outback Health



Practical support with connecting to services and exploring NDIS eligibility for people with complex mental health needs.

Country Wellness Connections (CWC) is a free community-based mental health support program that provides people living with a severe mental illness the opportunity to work with a CWC Engagement Officer to identify their individual needs and achieve their own recovery goals.

Country Wellness Connections

Our Country Wellness Connections team have a deep understanding of severe mental illness and how tough it can make things. Our team can offer individual support and strategies to help you better manage your wellbeing, making daily life easier.

We will work alongside people to:

- Recognise their strengths
- Define their goals, wishes and aspirations
- Build healthy coping skills
- Help strengthen supportive networks
- Connect with local services and supports to help meet their needs
- Help them to stay safe and reduce the need for hospital
- Explore accessing the NDIS

To access this FREE service, you can complete an online self-referral form (via QR code below) or speak to your doctor about accessing this service through Country & Outback Health and they will complete a referral on your behalf.

A clinical diagnosis is NOT required to access this program



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: 8644 4900
www.cobh.com.au**

Funded by



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Country & Outback Health is not an emergency service. 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 • 13 YARN 13 92 76 • QLife 1300 555 727 • Kids Helpline 1800 55 1800