

Understanding Me



Country &
Outback Health

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

The **Understanding Me** program has been developed for people who are experiencing a mild-moderate mental health condition e.g. depression or anxiety.

The **Understanding Me** program is accessed by visiting your GP who will complete a Mental Health Treatment Plan and Referral. Or if you live in the Coober Pedy area, a community/self-referral can be made.

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Understanding Me provides a maximum of 12 therapy sessions per 12-month period. The first 6 sessions are accessible via receipt of a Mental Health Treatment Plan. A further 6 sessions are available if required after a mental health review and request by your referring GP.

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)
- Acceptance and commitment therapy (ACT)
- Interpersonal therapy
- Narrative therapy
- Mindfulness
- 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