

# Country Wellness Connections



Country &  
Outback Health



*For people aged 16 years and over who are experiencing mental illness that significantly impacts on their daily life and require support to manage their wellbeing, daily activities and participate in their community.*

## 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

**GP referral NOT required, please see our website for more details: [www.cobh.com.au/our-programs](http://www.cobh.com.au/our-programs)**

*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](http://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