Country Wellness Connections





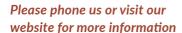
who are experiencing mental illness that significantly impacts on their daily life and require support to manage their wellbeing, daily activities and participate in their community.

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

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.





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.

