

What does counselling mean?

Counselling is like yarning. It means talking about what troubles you and how you would like your life to be different.

Counselling can be hard because it means turning up for appointments, talking about bad stuff, and trying new ways of coping. It can also be fun, building on your strengths and confidence. If you stick with it, it can change your life.

Referral

To get to see one of our staff, ring us on 8392 3500. We can take your information over the phone and ring you back to make an appointment.

Or you can fill out a referral form yourself or get a family member, support worker or doctor to refer you. For treatment for a mental illness you will need a referral from your doctor. We can help you to get that.

*Not all services available at all sites, please contact us for more information.

CONTACT US AT

17 Beach Road, Christies Beach

Tel: (08) 8392 3500
Fax: (08) 8392 3580
Office Hours:
Mon-Fri 9.00-5.00pm



182-190 Wakefield Street, Adelaide

Tel: (08) 8406 1600
Fax Clinic: (08) 8223 7658
Fax Centre & Link-Up: (08) 8232 0949
Office Hours:
Mon-Fri 9.00-5.00pm



28-30 Brady St, Elizabeth Downs

Tel: (08) 8254 5300
Fax: (08) 8254 9182
Office Hours:
Tues-Fri 9.00-5.00pm



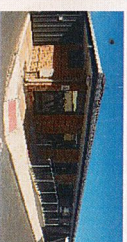
80 South Terrace, Adelaide

Tel: (08) 8168 8300
Fax: (08) 8212 6777
Office Hours:
Mon-Fri 9.00-5.00pm



94 Grand Junction Road, Kilburn

Tel: (08) 8406 1600
Fax: (08) 8169 7210
Office Hours:
Mon-Fri 9.00-5.00pm



141 Henley Beach Road, Mile End

Tel: (08) 8150 5000
Fax: (08) 8223 7658
Office Hours:
Mon-Fri 9.00-5.00pm



Nunku Warrin Yunti of South Australia Inc.

182-190 Wakefield Street, Adelaide, South Australia 5000
Postal Address: PO Box 7202 Hutt Street, Adelaide SA 5000
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Nunku Warrin Yunti
w o r k i n g t o g e t h e r
for the benefit of Aboriginal Health



Panthi

(pronounced 'Baa-ndi')
(Shine – Kaurra)

**SOCIAL EMOTIONAL WELLBEING
AND MENTAL HEALTH**



"I was having a tough time. I had no confidence and I couldn't get away from my problems. Now I have done counselling. I still have problems but I feel for the first time like I am telling my own life story. I am in control".

Nunkuwarrin Yunti Counselling Services

- Are offered at Wakefield St, Christies Beach and Elizabeth Downs offices.
- And is free and confidential.

Why go to counselling?

Aboriginal people have done it tough. We are strong and proud, but sometimes we need healing.

Some of us have problems with family or with our lives. Some have mental illnesses like depression, trauma, or anxiety. Some families with young children need help.

There are lots of ways of healing in Country and culture. Aboriginal people have always yarned up and told our story. Counselling is like yarnning up. It is one way of healing.

Who can come to counselling?

Any member of an Aboriginal family, including Elders, members of the Stolen Generations, families, adults, couples, young people, and children.

What is social and emotional wellbeing?

People can have problems in their life that make them feel bad. This can be problems with family, with drugs and alcohol, with difficult decisions, with sexuality or identity, or with recovering from violence or trauma.

Counselling can help people find their own solutions to problems in their lives.

"My grandson was mucking up. He had seen his mum and dad drinking and fighting. When he came to me he was scared and angry. He did counselling, play therapy and drumming. Now he can trust. He can play with other kids. He can sit still. He can go to school. He's not in trouble all the time."

What is mental illness?

Mental illness can mean:

- Trouble sleeping or eating.
- Can't concentrate.
- Feeling sad or worried all the time.
- No energy.
- Thinking about suicide or hurting yourself.

Mental health counsellors can treat mental illnesses like depression anxiety or trauma. Treatment may cure the illness or it may help you move forward on your healing journey.

"I was ashamed and I felt weak, but I didn't want to take pills. I decided to try counselling. My counsellor understood me. It was sometimes hard to talk about what happened to me. But I was safe and in control and it helped me."

Specialist services

Our perinatal mental health worker can help mothers coping with pregnancy, birth and young babies.

Our mental health social worker can support with housing, Centrelink, legal and other problems while you do counselling.

Our case worker at Christies Beach can provide intensive support for people struggling with drug and alcohol problems, or at risk of blood borne diseases such as HIV/AIDS or hepatitis. She also provides community education and referral for treatment.

We also have mental health specialist counsellors, psychologists, narrative therapist and social workers.

"My son's drug problems were affecting us all. I thought he would end up dead or in jail. The caseworker helped him slow it all down. In the end he agreed to try rehab and she organised for him to go"