

# Mental Health and Wellbeing

Providing accessible client-centred care while educating the next generation of health professionals.

A single destination offering low-acuity tailored mental health and wellbeing services for the community.



## Mental Health and Wellbeing

Supporting community through student-led and clinician-led services in Psychology, Social Work, Mental Health Nursing, & Occupational Therapy

### Adults

Supporting you to improve your mental health and wellbeing, address challenges and achieve your goals.

- Mental health support
- Loss and grief
- Substance use
- Defence, veterans, and families
- First responders support
- Mental Health Treatment Plan coordination

### Children & Families

Providing parents and caregivers with support for emotional and behavioural wellbeing for your children

- Mental health support
- Parenting support
- Emotional regulation and behaviour support
- NDIS services and planning
- Psychological assessments
- Mental Health Treatment Plan coordination

### Older Adults

Enhancing mental health supports and wellbeing for older adults

- Mental health support
- Support services management
- Lifestyle transformation
- Wellbeing support
- Mental Health Treatment Plan coordination

### Youth

Supporting you to develop personalised goals to improve your mental health and wellbeing

- Mental health support
- Goal-oriented planning
- Support services management
- Substance use
- Psychological assessments
- Mental Health Treatment Plan coordination



## Why choose UniSA Health clinics?

Our clinics provide you with accessible client-centred care, from a range of health care services, in a single destination.

We deliver quality clinical education to UniSA students – our next generation of healthcare professionals. Student services are supervised by qualified clinicians.

## Plans and Pricing:

Provisional Psychologist service fees:  
Concession: \$30  
Standard: \$40  
NDIS-funded: \$50

Pricing varies across other disciplines student-led and clinician-led service fees. Contact our friendly staff for further information.

To book an appointment, please contact:

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More information can be found at [unisamedical.com.au](http://unisamedical.com.au)