

The City of Playford is committed to assisting people with an experience of mental illness by providing community programs, education and information

Mental health programs and services

Building social connections and support and reducing stigma



Community Services



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Mental Health



Mental Health Services and Information

Northern Mental Health Service Provider Network

Quarterly meetings bring agencies together to share information and resources to improve service outcomes for people with mental illness.

Open to any interested mental health service providers in the northern region.

Events

Carnival in the North

Held in October each year, as part of mental health week, this major event showcases the skills and talents of people with a mental illness and provides information and activities to raise community awareness.

Mental Health Education Forum

Held annually to raise community awareness and provide information on current topical issues related to mental health.

Positive Futures Employment, Education and Training Expo

Held annually it provides information to individuals, families and members of the community about education, training services and resources that exist for people with a mental health issue or disability.

Mental Health Programs

Mindfulness

Balancing your thoughts, feelings and emotions – this ongoing program teaches skills in mindfulness, and how to still your mind and emotions.

When: Mondays 2pm – 4pm

Where: The Grenville Hub

Men's Shed

A Holistic space for men of all ages to get involved in programs and projects including workshop activities in metal and woodwork, reducing social isolation for men in the community.

Career Jump Start Sessions

A free six-week course, providing you with practical information and advice focussed on what you need to know to help you obtain employment / traineeships / volunteering opportunities. If you have experienced a mental health issue, or have a disability, this may be the link to help you move forward. 6 - 8 participants

Everyday Wellbeing Program

A free six-week course exploring and practicing ways to unhook from negative thinking and worrying while enhancing happiness and resilience. 6 - 8 participants

Mental Health Education

Playford Suicide Prevention Network

The Playford Suicide Prevention Network is a voluntary community group working together to help reduce the stigma associated with suicide. We strive to increase community knowledge about where to get local help when in need, including support services for people bereaved by suicide. Our aim is to contribute to a reduced incidence of suicide in the Playford region through educating the community and empowering others to seek help and give hope.

When: Third Wednesday of the month
3.30pm – 5pm

Where: Playford Civic Centre

Community Education 2018

Community information sessions on varying topics held quarterly in the Playford Library:

- Understanding Eating Disorders:
20 June 2018 1pm - 2.30pm
- Understanding Bipolar Disorder:
19 September 2018 1pm - 2.30pm