

## Social and Emotional Support Services

### *Blues Busters / Positive Life Positive Mind*

The Positive Life Positive Mind / Blues Busters group assists people to manage their mental health and wellbeing, and increase social networks. It supports people who are over 65 with a mental illness and experiencing social isolation, to develop social and community contacts and enhance their emotional health and happiness.

The group covers a wide range of topics including:

- / Mindfulness relaxation
- / Ageing and mental health
- / Memory and ageing
- / Relationship building
- / A laugh a day
- / Self esteem and confidence building
- / Connections with your community
- / Sharing stories

#### Am I eligible to use the services?

The Positive Life Positive Mind / Blues Busters is available for people who are over 65 years of age. People can self-refer or referral can be received from Older Persons Mental Health Services, General Practitioners and other services

#### When and where?

Positive Life Positive Mind / Blues Busters groups are available across various metropolitan areas of Adelaide and are held fortnightly. Please contact us for specific times and locations.

#### What does it cost?

Funding for the program is provided by SA Health and there is no charge to eligible clients,

#### Contact details

If you would like more information, please contact our metropolitan community services team:

Phone: 1300 444 663

Email: [HealthcareServicesSocialworkDL@helpinghand.org.au](mailto:HealthcareServicesSocialworkDL@helpinghand.org.au).

