

# Wellness Services

## *Mental Health and Wellness Groups*



**Mental Health  
and Wellbeing**



**Social Support**

### **Where**

Our mental health and wellness groups are held in various areas of metro Adelaide (assistance with transport can be arranged).

### **When**

The groups meet weekly, on different days and times, depending on the location.

### **Cost**

Funded through:

/ Commonwealth Home Support Programme, or

/ Home Care Package funds, or

/ our Elevate private services program

Contact us for details.

Our mental health is just as important as our physical health. We offer a range of group programs for older people to support and nurture confidence, wellbeing and social connections.

The group sessions cover a range of topics designed to assist you in reducing social isolation and improving your general mental health, including:

/ mindfulness relaxation

/ memory and ageing

/ community connections

/ healthy mind, healthy body

/ and more.

If you are over 65 years of age (or over 50 and identify as an Aboriginal or Torres Strait Islander) and would like to improve your mental health and wellness, give our skilled and friendly staff a call to find out more.

**Phone: 1300 653 600**

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

**[www.helpinghand.org.au](http://www.helpinghand.org.au)**



**Helping Hand**  
*new aged care*