

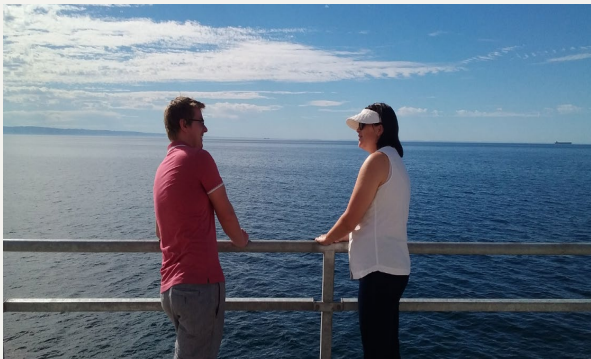
Positive stories from past residents

“Every day is a new experience and I take it as it comes”

The Saltbush team actively encourages residents to socialize, have fun and meet new friends! Regular movie and game nights are scheduled, as are BBQs, outings, sports and other activities.

Past residents have found new hobbies and discovered new talents such as cooking and art and have enjoyed sharing and teaching these skills to other residents.

A past resident has had artwork selected for a local gallery, while another completed a hairdressing course at TAFE. They now visit other health services to talk about their experiences.



For more information

- Contact the Saltbush Office:
Telephone: (08) 8644 5159
Address: Whyalla Hospital
20 Wood Terrace, Level 3
- Discuss with your GP
- Discuss with your key worker
- Visit
sahealth.sa.gov.au/flindersanduppernorthlhn
- Follow us at: [facebook.com/FUNLHN](https://www.facebook.com/FUNLHN)
- Email: Audrey.mccall@sa.gov.au

If you, or someone you know is experiencing mental health distress, contact your local Community Mental Health Team during business hours, or the 24/7 Emergency Triage and Liaison Services (ETLS) on 13 14 65

Non-English speaking: For information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 190



Health
Flinders and Upper North
Local Health Network



Community Mental Health Rehabilitation Service



Health
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Saltbush Mental Health Rehabilitation Services

A residential program which offers support to residents while they work to improve mental wellbeing and independence in a community setting.

This involves living in our fully furnished residential accommodation, with 1-3 people sharing each house.

Mental Health staff will work with residents to develop an individualised rehabilitation plan which will focus on developing the skills they need to live well independently.

Family, personal supports and doctors will also be encouraged to be involved in the plan.

Saltbush staff will support residents via daily pre-arranged visits. The accommodation will be considered the residents' home and staff will respect this however, staff also are available to proactively support residents work towards their individual goals.



Where is Saltbush located?

The Saltbush team is in Whyalla, South Australia and is available to people from anywhere in country South Australia.

The accommodation has been chosen to ensure local services are nearby; most being within walking distance. These include shopping centres, leisure and recreation facilities and community services such as libraries and parks.

The accommodation itself is rented, so not all properties are alike.

What is expected of the Saltbush resident?

Engaging with the Saltbush team is voluntary however, there is an expectation that residents will engage with the mental health workers to work towards achieving identified goals.

Residents will be expected to pay an agreed fee which is calculated on an individual basis and considers existing rental commitments.

If a resident decides that the service is not suitable, they can talk to anyone in the support team about leaving and returning to the Saltbush team another time; or look at exploring other ways to better support their mental health journey.



Can residents have friends and family visit?

Family and friends are an important part of peoples' support network, and these relationships will be encouraged and supported during a resident stay.

While overnight guests are not usually permitted, day-time visitors are welcome with the expectation that they will be respectful of the other residents and the rehabilitation program.

Drugs and alcohol are not permitted in the accommodation.