Did you know that walking just 15 minutes a day will improve your mood?

So when you are feeling stressed, tired or bored, why not try:

• searching for seashells on a beach
• walking in a local park while listening to your favourite music
• visiting new places, such as the Botanic Gardens or Port Adelaide
• flying a kite
• walking your dog.

“When I feel sad or lonely, I always feel better when I go for a walk and listen to nature.”
“When I get bored at home, going out wandering around the shops is interesting and gives me some exercise.”

The benefits of being active

By being active, you can:

• improve your confidence, self-esteem and overall wellbeing
• relax… which will help you to get a refreshing night’s sleep
• improve your concentration and mental focus
• feel more connected to your community and also make new friends
• reconnect with the beauty of nature
• feel more comfortable in your own body
• improve your heart health and blood circulation
• reduce your risk of chronic disease such as diabetes, heart disease and cancer.

Make activity a part of your life. Enjoy it!

Find something you enjoy doing and consider asking a friend to come along. Why not try:

• walking around your neighbourhood on the weekend to look for garage sales and bargains
• joining a community group which focuses on your interests
• spring cleaning your place listening to your favourite music
• the joys of gardening: plant your favourite flowers, fruits and/or vegetables.

Give it a try!

Be adventurous and challenge yourself. Some ideas to try are:

• testing your limits by taking a different or longer route
• climbing the stairs or walking extra kilometres
• picking a new activity to try out, such as yoga or tennis
• participating in activities on offer at your local community centre.

“Sometimes my medication makes me tired. Going for a walk puts a fresh face on life.”
**Being Active:** a great way to have fun!

**Where can I go to for help?**

Talk to your mental health worker, psychiatrist or GP (doctor). You can also contact the following places to find out about local activities or programs in your area:

### Metropolitan Programs and Activities

**Skylight**  
5 Cooke Terrace  
WAYVILLE SA 5034  
Telephone: 08 8378 4100

**Eastern Clinical Psychosocial Rehabilitation Program**  
ECMHS 172 Glynburn Road  
TRANMERE SA 5073  
Telephone: 08 7425 5555

**Skylight Parnangga**  
64 Elgin Avenue  
CHRISTIES BEACH SA 5165  
Telephone: 08 8378 4100

**The Gully Day Program**  
116 Reservoir Road  
MODBURY SA 5092  
Telephone: 08 7425 6300

**Northern Clinical Psychosocial Rehabilitation Program**  
Club 84  
84 Yorktown Road  
ELIZABETH PARK SA 5113  
Telephone: 08 7485 4500

**Western Psychosocial Rehabilitation Programs**  
Unit 1 308 Grange Road  
KIDMAN PARK SA 5025  
Telephone: 08 8200 2000

**Diamond Clubhouse SA Inc.**  
307 Commercial Road  
PORT ADELAIDE SA 5015  
Telephone: 08 8244 5525

**Our House Port Augusta Inc.**  
21 Edinburgh Terrace  
PO Box 1782  
PORT AUGUSTA SA 5700  
Opening times:  
Monday 9.00am – 12.00 noon  
Tuesday 9.00am – 12.30pm  
Thursday from 9am – 2.30pm  
Telephone: 0427 563 627

**Riverland Rainbow Connection Inc.**  
Mental Health Activity and Resource Centre  
9-11 Seekamp Street  
BERRI SA 5343  
Opening times:  
Wednesdays 9.30am - 1pm.  
Telephone: 0499 328 244  
Email: aussie2795@gmail.com

### Country Programs and Activities

**Our House Port Augusta Inc.**  
21 Edinburgh Terrace  
PO Box 1782  
PORT AUGUSTA SA 5700  
Opening times:  
Monday 9.00am – 12.00 noon  
Tuesday 9.00am – 12.30pm  
Thursday from 9am – 2.30pm  
Telephone: 0427 563 627

**Riverland Rainbow Connection Inc.**  
Mental Health Activity and Resource Centre  
9-11 Seekamp Street  
BERRI SA 5343  
Opening times:  
Wednesdays 9.30am - 1pm.  
Telephone: 0499 328 244  
Email: aussie2795@gmail.com
Being Active: a great way to have fun!

Country Programs and Activities (continued)

The Station Community Mental Health Centre Inc.
4 John Terrace
WALLAROO SA 5556
For more information on programs and activities
Telephone / Fax: 08 88234181
Email: thestationcmhcinc@hotmail.com.au

The South East Junction Mental Health Activity and Resource Centre Inc.
PO Box 1905
MOUNT GAMBIER SA 5290
For information contact
Coordinator Nel Jans
Telephone: 0477 886 450
Website: thesoutheastjunction.org.au
Facebook: South East Junction
Email: junctioncoord@gmail.com

Skylight Eyre
30 Ravendale Road
PORT LINCOLN SA 5606
PO Box 2292
PORT LINCOLN SA 5606
Telephone: 08 8683 0082

Skylight Mt Gambier
12 Crouch Street
SOUTH MOUNT GAMBIER SA 5290
PO Box 1146
MOUNT GAMBIER SA 5290
Telephone: 08 8723 6533

Skylight Murraylands
1 Narooma Boulevard
MURRAY BRIDGE SA 5253
PO Box 320
MANNUM SA 5238
Telephone: 0488 102 095

Skylight APY Lands
Ernabella Community
Telephone: 0437 107 594

Let’s work together towards a healthy mind and body.

For more information
SA Health
Mental Health Directorate
Office of the Chief Psychiatrist
www.sahealth.sa.gov.au

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