About Mission Australia

At Mission Australia, we believe in hope and possibility for all.

As a national non-denominational Christian charity with more than 165 years of experience, we are one of Australia's largest and most trusted for-purpose community service and housing providers.

Every day, we deliver homelessness services, provide social and affordable housing, help families, children and young people thrive, improve mental health and wellbeing, support people with disability, provide pathways to employment and financial stability, strengthen communities, offer alcohol and other drug support, and more.

Together, we're building hope and possibility for all.

Emergency services

We do not provide emergency services.
If you are experiencing an emergency please contact any of the following services:

Emergency Mental Health	**000**
Triage Service	**13 14 65**
Suicide Call Back Service	**1300 659 467**
Alcohol and Drug Information Service	**1300 13 1340**
Kids Helpline	**1800 551 800**
Lifeline 24 Hour Crisis Counselling	**13 11 14**
Beyond Blue	**1300 22 46 36**
Lived Experience Telephone Support Service	**1800 013 755**

Contact us

Service hubs are located in Northern Adelaide, Southern Adelaide and Central Adelaide

08 8417 8100

PTW@missionaustralia.com.au

missionaustralia.com.au

MISSION AUSTRALIA

Sonder
Better Care Better Health

Partners Toward Wellbeing

Supporting people living with alcohol or drug challenges and mental health concerns



About Partners toward Wellbeing program

Partners toward Wellbeing program is a free, confidential and voluntary program for individuals.

The program helps people address the practical, physical, social and emotional issues that often accompany living with alcohol and other drug use and mental health concerns.

We offer peer support, counselling, and psychological support to address both substance use and mental health concerns. We can also coordinate your care, connecting you with the services in your community that best suit your needs.

The program is delivered by Mission Australia in partnership with Sonder.

The relationship between alcohol and other drugs and mental health

Alcohol and other drugs can affect your mental health, leading to what is known as comorbidity.

It can be a challenge to receive the proper care to address both addiction and mental health. We are fully trained in the area of alcohol and other drugs and mental health to ensure you receive the best care for your wellbeing goals.

How we support people

Wellbeing planning with trained alcohol and other drug support workers

Our team of peer support workers, alcohol and other drug workers, and comorbidity clinicians will work with you to develop a plan utilising tailored evidence-based therapies to help you achieve your substance use and mental health goals. We can also assist your family or support network.

Peer support

A peer support worker is someone who has lived with addiction and mental health challenges. They can personally relate to challenges you may be facing in both your daily living and can help you stay engaged in a treatment program.

Cultural and age appropriate support

Our team understand that coming from a diverse background or older age group can add further challenge to accessing the right help. We will be guided by you and best practices to support you and your goals.

Outreach and care coordination

We can help you in other areas of your life and can link you with other services such as housing, health and financial wellbeing. We can provide assistance and referrals to support engagement in education, training and employment. We will work alongside other organisations, people or family members in supporting you.

Who we support

We support individuals who want to make changes to their drug and/or alcohol use and improve their mental health.

Support will be prioritised for people from diverse backgrounds, such as:

- Culturally and linguistically diverse
- Older people
- Families
- Aboriginal and Torres Strait Islander people

Referrals

Participants may self-refer via telephone, email or complete a referral form by scanning the QR code

Refer here