

# Central Adelaide



**The programs below can be accessed via:**  
**Helen Mayo House, CAMHS**  
**Location: 226 Fullarton Rd, Glenside SA 5065**  
**Contact Person: Dr Anne Sved Williams**  
**Phone 08 7087 1047**  
**Email [Anne.SvedWilliams@sa.gov.au](mailto:Anne.SvedWilliams@sa.gov.au)**

## *Mother Infant Dialectical Behaviour Therapy (MI-DBT)*

**Length:** 24 weeks    **Frequency:** Weekly    **Waiting Time:** Limited availability and long waiting lists    **Cost:** Free

MI-DBT is a program currently being researched which helps mothers with infants up to the age of 3 years to acquire new skills to manage their emotional dysregulation, that emotional dysregulation being related to a maternal diagnosis of borderline personality disorder or traits of that condition. Whilst the program follows the 4 modules of classical DBT, the program has been adapted to focus on women as mothers, and so uses skills based around parenting, and development information on their infants. Women attend a group whilst their infants are cared for by staff who focus on play and appropriate developmental input, and then the infants are united with their mothers and this section of the work focuses on the mother-infant relationship.

It is important to note that this group is currently being researched by self-report questionnaires, and a before-after mother-infant video to ensure that outcomes are understood and evaluated. In addition, participants are expected to identify an individual therapist, preferably with DBT training who can offer them 1:1 support during the period of the group. HMH is unable to provide this service.

**The program/s below can be accessed via:**  
**Mental Illness Fellowship of South Australia**  
**Location: 5 Cooke Terrace, Wayville SA 5034**  
**Contact Person: Paula Smith**  
**Phone 08 8378 4100**  
**Email [paulas@mifsa.org](mailto:paulas@mifsa.org)**

## *Carer Support Program*

**Length:** 7 weeks    **Frequency:** Weekly , 3 hours    **Waiting Time:** Nil    **Cost:** Single \$40 (\$15 conc) or Couple/family \$60 (\$25

The Carer Support Program offer various options to the person experiencing mental illness and to their families and friends through peer to peer education. The program uses research evidence and the first hand knowledge of facilitators who share their experience and wisdom. There is nothing more powerful than hearing about the impact of mental illness from those who have lived it.

No referral required, maximum 15 per group.

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The program/s below can be accessed via:  
**Mental Illness Fellowship of South Australia**  
**Contact Person: Judy Burke**  
**Phone 08 8276 4552**  
**Email [bobandjudy@adam.com.au](mailto:bobandjudy@adam.com.au)**

## *Sanctuary BPD Carer Support Group*

**Length:** Ongoing    **Frequency:** 2nd Tues of the month, 4-6pm    **Waiting Time:** Nil    **Cost:** Gold coin donation

For carers of people with Borderline Personality Disorder (BPD), to increase awareness of BPD, recognise challenges, and share with others experiencing similar journeys. Advice about ways of engaging with loved ones as well as sources of information and treatment are also on the agenda.

The program/s below can be accessed via:

**PsychMed**

**Website: [www.psychmed.com.au](http://www.psychmed.com.au)**

**Locations/Contact Details:**

**Adelaide 08 8232 2424**

**Payneham 08 8362 2344**

PsychMed provide bulk billed medicare services and fee free clinical programs in conjunction with government and NGO partners. PsychMed offers a confidential service within a caring and safe environment. Our psychologists use a range of evidence-based therapies, including Cognitive Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavioural Therapy (BDT), Acceptance and Commitment Therapy (ACT), Schema Therapy, Interpersonal Therapy (IPT) and Mindfulness-based Therapies.

PsychMed services are offered as individual and group consultations depending on the referral.

## *Individual Services*

Most people who are eligible for a Mental Health Care Plan through the Better Access to Clinical Psychology Medicare program can access our fee free individual clinical services. Mental Health Care Plans can be obtained from your general practitioner who will assess whether you meet the eligibility criteria. These plans provide up to 10 sessions in a calendar year, which at PsychMed are bulk billed (no additional gap charged) at each of our four locations.

## *Group Programs*

PsychMed also offers fee free individual and group sessions as part of funded programs in specialised Adult Mental Health Services.