

Eyre and Far North (Port Lincoln)



The programs below can be accessed via:
Eyre Mental Health Service, Eyre and Far North Health Region
Location: 61 Oxford Tce, Port Lincoln SA
Contact Person: Duty Worker
Phone 08 8683 2083

Individual Psychotherapy Sessions

Referral Requirements: General Practitioner and self referrals accepted **Cost:** Nil

Individual psychotherapy is available when appropriate as determined by assessment process.

We have two clinicians who are trained in schema-therapy.

One on one Dialectical Behaviour Therapy (DBT) skills training can be provided, however there is no DBT group available at this time.

The length and frequency of contact is determined on a case by case basis. Therapies are offered within a recovery orientated framework and services are time limited.

The program/s below can be accessed via:
Mental Illness Fellowship of South Australia (MIFSA)
Location: 5 Cooke Terrace, Wayville SA 5034
Contact Person/s: Judy Burke
Phone 08 8276 4552

Sanctuary Support Group

When: 2nd Tuesday of each 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.