

Eastern Adelaide



The program/s below can be accessed via:

Psychological Therapy Services

Location: 282 Payneham Road, Payneham SA 5070

Contact Email: admin@psychologicaltherapyservices.com.au

DBT Intensive Therapy

Availability: by appointment **Waiting Time:** Often no waitlist for individual therapy, group sessions on demand.

Cost: \$200 per hour, medicare rebate with a valid mental health care plan. Discounts for low income and concession card holders.

10 week skills group \$100 per week, paid on commencement and weekly. Medicare rebate with valid mental health care plan.

Individual and small group skills based therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Trauma informed Dialectical Behaviour Therapy (DBT) approach.

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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

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.

The program/s below can be accessed via:
Skylight
Contact Person/s: Judy Burke
Email: info@bpd-carers-sanctuary.org
Website: www.bpd-carers-sanctuary.org
Phone: 0410 507 998

Sanctuary Support Group

When: 2nd Tuesday of each month see website.

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.

Borderline Personality Disorder Collaborative (BPD Co)
Website: <https://tinyurl.com/BPDCollaborative>

The BPD Collaborative (BPD Co) state-wide service has been developed in response to the demonstrated need for enhanced, evidence-based BPD service development in South Australia, tailored to the needs of consumers, carers and clinicians.