

SA Health

We can help you to feel better

Being Active: a great way to have fun!



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.”



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“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.”



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

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



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 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

Skylight Eyre

30 Ravendale Road
PORT LINCOLN SA 5606

PO Box 2292

PORT LINCOLN SA 5606

Telephone: 08 8683 0082



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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