

Positive stories from past residents

‘Every day is a new experience and I take it as it comes.’

The Saltbush Team actively encourages residents to socialise, have fun and meet new friends! Regular movie and game nights are scheduled, as are barbecues, outings, sports and other activities.

Past residents have found new hobbies and discovered new talents. such as cooking and art and have enjoyed sharing and teaching these skills to other residents.

A past resident has had artwork selected for a local gallery, while another completed a hairdressing course at TAFESA. They now visit other health services to talk about their experiences.

Interpreting and Translating Centre

For information in languages other than English, phone the Interpreting and Translating Centre and request a call to the Department of Health and Wellbeing. This service is available at no cost to you. Phone: (08) 8226 1990.

If you, or someone you know is experiencing mental health distress, contact your local Community Mental Health Team during business hours, or the 24/7 Emergency Triage and Liaison Services (ETLS) on 13 14 65.

For Mental Health information:

- The Saltbush Office
Phone: (08) 8644 5159
Address: Whyalla Hospital and Health Service,
20 Wood Terrace, Level 3, Whyalla SA 5600
- discuss with your local doctor
- discuss with your Mental Health Case Worker
- email: health.saltbushrehabilitation@sa.gov.au

For more information

Flinders and Upper North Local Health Network
sahealth.sa.gov.au/flindersanduppernorthlhn

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This document has been reviewed and endorsed by Flinders and Upper North Local Health Network consumers and the community.



Interpreter



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Saltbush Community Mental Health Rehabilitation Service



Health
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The Saltbush Mental Health Rehabilitation Services Residential Program offers support to residents while they improve their mental wellbeing and independence in a community setting.

The Residential Program involves living in our fully furnished residential accommodation, with 1-3 people sharing each house.

Mental health staff will work with residents to develop an individualised Rehabilitation Care Plan, which will focus on developing the skills they need to live well independently.

Family, personal supports and doctors are also encouraged to be involved in their Rehabilitation Care Plan.

Saltbush staff will support residents via daily pre-arranged visits. The accommodation will be considered the residents' home and staff will respect this however, staff will proactively support residents working towards their individual goals.

Where is Saltbush located?

The Saltbush Team is located in Whyalla, South Australia and is available to people from anywhere in country South Australia.

The accommodation has been chosen to ensure local services are nearby, with most being within walking distance. These include shopping centres, leisure and recreation facilities, and community services such as libraries and parks.

The accommodation itself is rented, so not all properties are alike.

What is expected of the Saltbush resident?

Engaging with the Saltbush Team is voluntary however, there is an expectation that residents will engage with mental health workers to achieve identified goals.

Residents will be expected to pay an agreed fee which is calculated on an individual basis and considers existing rental commitments.

If a resident decides that the service is not suitable, they can talk to anyone in their support team about leaving and returning to the Saltbush Team another time. The team can also look at exploring other ways to better support their mental health journey.



Can residents have friends and family visit?

Family and friends are an important part of peoples' support network, and these relationships will be encouraged and supported during a resident's stay.

While overnight guests are not usually permitted, day-time visitors are welcome, with the expectation that they will be respectful of the other residents and the Residential Program.

Drugs and alcohol are not permitted in the accommodation premises.

