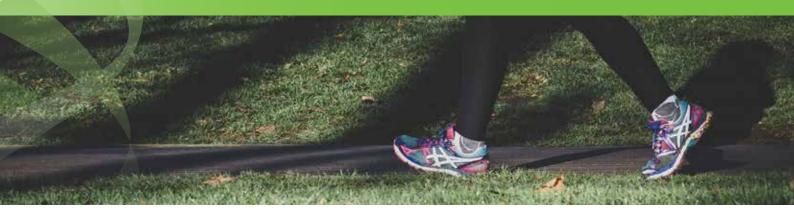
SA Health

We can help you to feel better

# Being Active: a great way to have fun!





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."





# "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: the southeast junction.org.au

Facebook: South East Junction Email: junctioncoord@gmail.com

## **Skylight Eyre**

30 Ravendale Road PORT LINCOLN SA 5606 PO Box 2292 PORT LINCOLN SA 5606

Telephone: 08 8683 0082

# **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



#### For more information

SA Health Mental Health Directorate Office of the Chief Psychiatrist www.sahealth.sa.gov.au

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