Access to Mind services

For more information about Mind and our current services, visit our website **mindaustralia.org.au**, or call our customer service centre **Mind Connect** on **1300 286 463 (1300 AT MIND)**

Mind Connect staff will help you with information, advice and referral.

Participation in services offered by Mind is voluntary.

Interpreter

Interpreters can be arranged if English is not your first language.

Nếu tiếng Anh không phải là tiếng mẹ đẻ của quý vị, chúng tôi có thể sắp xếp thông dịch viên.

يمكن توفير المترجمين في حال لم تكن الإنجليزية لغتك الأم.

اگر انگلیسی زبان اول تان نیست، ترجمان برایتان مهیا شده می تواند.

यदि अंग्रेजी आपकी पहली भाषा नहीं है तो दुभाषियों की व्यवस्था की जा सकती है।

İngilizce ana diliniz değilse, kendi dilinizde tercümanlar organize edilebilir.

A trusted provider of community mental health support services to people and their families, friends and carers for over 40 years.

mind.
Help, hope and purpose

Mind Connect
1300 286 463

Carer Helpline
1300 554 660

mindaustralia.org.au
mindconnect@mindaustralia.org.au

Mind Central Office | 86-92 Mount Street
PO Box 592 | Heidelberg VIC 3084

Mind Australia Limited ABN 22 005 063 589

M153/0318

mind.
Help, hope and purpose

Mind services

Hope for a better life.
And the help and support to get you there.
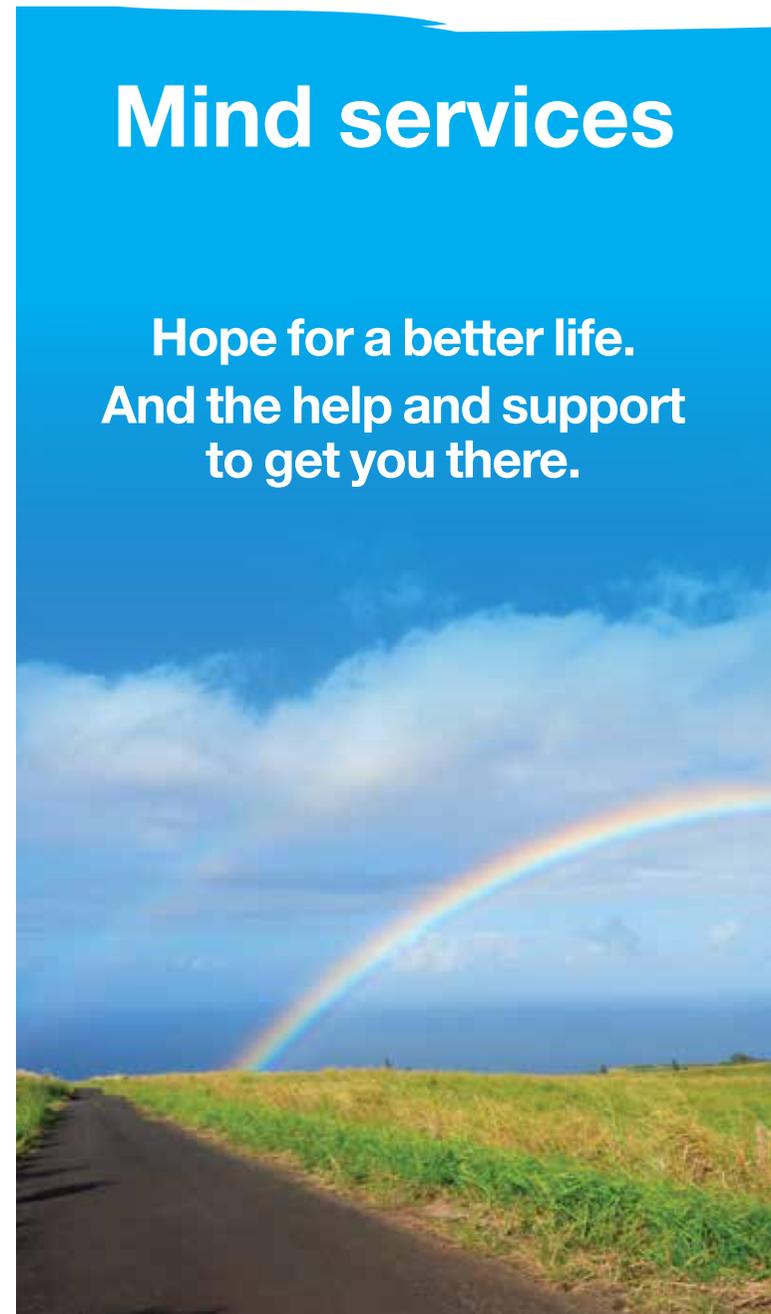
We're here to help.

Mind offers a range of specialist psychosocial support services to help you gain better mental health and improve the quality of your life.

We provide practical and motivational support that helps you develop the skills you need to move on, thrive and reclaim your life.

From our years of experience, we know every person's journey to a life of meaning and purpose is a very personal one - so we help you in ways that best suit you.

We care about you and the important people in your life, so will gladly involve them in planning and decisions about your care, according to your wishes.

Mind is a registered NDIS provider. If you have an NDIS package, ask about our NDIS funded services.

Home and community support

Your personal assistant and mentor comes to you to help you build skills and confidence in daily life activities. They'll also help you with some of the bigger things, like making friends and exploring new interests and experiences.

Group recreation and leisure

Mind offers a variety of social, creative and active leisure groups that can help you find new friendships and learn new skills.

Counselling, coaching and learning

We operate a number of centres where you can get support from specialist practitioners, counsellors and peer educators. These include: Centres for Mental Health and Wellbeing, Mind Recovery College™, the Mind Equality Centre, psychological clinics and **headspace** Greensborough (VIC). We also offer alcohol and other drugs counselling and support services and services through other **headspace** centres.

Residential services

Mind offers residential rehabilitation services that provide a safe, home-like environment where you can work on your recovery and strengthen the skills needed to live independently. We also have some supported disability accommodation and supported independent living options.

Sub-acute residential recovery care

Delivered in partnership with hospitals, Mind offers short-term (up to 28 days) residential support as an alternative to hospital (step up) or to help transition from hospital back into the community (step down). Also available are residential programs (up to two years) offering intensive treatment and recovery support to enable a person to move back into the community.

Support coordination

If you need support from a number of different agencies, Mind can help you access them and manage your appointments.

Family and carer support

Families and friends play an important role in helping a person recover from mental illness and achieve a better life. To provide carers with the support they need, Mind delivers a range of services including the Carer Helpline (1300 554 660), an online carer forum, respite services, education, counselling and support groups.