



Help, hope and purpose

Mind services

**Hope for a better life.
And the help and support
to get you there.**

Registered NDIS provider

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

Mind offers a range of specialised psychosocial support services to help you develop the skills you need for better mental health and quality of life.

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.

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

Participation in Mind services is voluntary. Access to each service varies according to funding and eligibility criteria; details available on service listings at www.mindaustralia.org.au/services

Residential services

Mind offers supported independent living services in shared accommodation, fundable under the NDIS. We'll support you to build personal skills and confidence to live independently, while fostering a positive sense of community with your housemates.

We also provide residential rehabilitation services for young people who need intensive individual and group based support for their mental health recovery and to build the skills for independence.

Sub-acute residential recovery care

Delivered in partnership with hospitals, Mind offers short-term residential support as an alternative to hospital (step up) or to help transition from hospital back into the community (step down). Some residential programs offer longer-term (up to 2 years) intensive treatment and recovery support.

Community-based support services

Mind provides a wide range of in-community support services, including allied health assessments and counselling, group learning and recreation, outreach support, support coordination and more. We work with other health, disability and welfare providers to ensure a person's needs are met and their care is coordinated.

Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past, present and emerging.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds.



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Mind Connect

1300 286 463

Carer Helpline

1300 554 660

mindconnect@mindaustralia.org.au

mindaustralia.org.au



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