

Media release

8 October 2018

Mind partners in new Gladstone mental health support residence

Mind Australia is providing the support services for a new 'Step Up, Step Down' mental health support residence in Gladstone, Queensland. Developed by Central Queensland Hospital and Health Service, the 10-room unit was officially opened today by the Member for Gladstone, Mr Glenn Butcher MP.

Step Up, Step Down residences give people experiencing significant mental distress an opportunity to recover in a non-clinical environment for up to 28 days. Residents at the service can access specialist clinical mental health staff 24 hours a day and Mind's recovery focused mental health services.

"Step Up, Step Down services make such a difference to people's lives," said Mind CEO Robyn Hunter at the launch. "They provide crucial timely support for people who are experiencing mental distress, often providing an alternative to hospitalisation. They also provide a valuable transition for people who have been hospitalised and need some adjustment time before they can fully function back in their home community."

CEO of Central Queensland Hospital and Health Services Chief Executive Steve Williamson said the new facility would complement the mental health services already provided to the Gladstone community by CQ Health, both from Gladstone Hospital and in the community.

"We are committed to providing as many services as close to home as possible, and this new facility will help us accomplish that mission. It will be of huge benefit to our patients across the whole of Central Queensland," he said.

Mind will also be providing services for a Step Up, Step Down service soon to open in Bundaberg. This will bring to 16 the number of Step Up Step Down services Mind manages around Australia.

"Mind's people-centred, recovery-focused services are about giving people the support they need - when they need it - to be able to live lives of their own design, with hope, dignity and purpose and as independently as possible," Robyn said.

"I know our handpicked, highly-skilled team is excited to get started, supporting residents to strengthen relationships with family and friends and consolidate the skills they need for living safely and successfully in the community."

For more information about Mind's Step Up, Step Down services please contact Mind Communications Manager Max McLean at max.mclean@mindaustralia.org.au