

About Mind

Supporting people experiencing mental health and wellbeing concerns to find help, hope and purpose in their lives.





Mind Australia supports more than 11,000 people experiencing mental health and wellbeing concerns every year. We have been providing this individualised, evidence-based, early intervention and recovery focussed support for more than 45 years.

We partner with health, community, and government organisations to provide holistic support and a safe environment for people to live safe and fulfilling lives in the community.

We take the time to ask our clients about our support during their recovery journey. Their feedback helps us continually improve our services and contributes to our research and advocacy work.

We are:

- one of the largest providers of community-managed psychosocial services in Australia, with a range of residential, mobile outreach, centre-based and online services
- a leading employer of people with lived experience of mental ill-health, recognising their unique ability to connect with, support and guide a person's recovery
- one of the leading specialist community housing providers in Australia for people experiencing a psychosocial disability, including long-term, 24/7 supported social housing with The Haven Foundation
- a registered NDIS provider, entrusted to deliver federal and state government funded services across Australia.

Every person's mental health journey is unique, which is why we provide early and ongoing personalised support to people their families, friends and carers.

Our support services are flexible and offer genuine choice and control. Mind provides practical and motivational support to people 16 - 64 years of age who have a range of mental health and wellbeing concerns. We work with individuals to set goals, and develop the knowledge and skills to achieve them. We focus on an individual's strengths, values and support preferences to improve:

- quality of life
- daily living skills
- capacity for self-care
- mental and physical health
- social and relationship skills
- housing, education and employment.

We also have practitioners able to provide specialised therapies to address more complex behaviours and needs. This includes supporting people who have both intellectual disability and mental health and wellbeing concerns.



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 and present. We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.



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



Help, hope and purpose

Mind Connect

1300 286 463

Carer Helpline

1300 554 660

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