

How do I join the Mental Health Foundation (ACT) to start making a difference?

Complete and return this section, addressed to:

Mental Health Foundation (ACT)

PO Box 78

Woden ACT 2606

YOUR DETAILS

NAME _____

POSTAL ADDRESS _____

SUBURB POSTCODE _____

PHONE _____ MOBILE _____

EMAIL _____

MEMBERSHIP OR DONATION

Select a membership option, dollar amounts based over a 12 month period:

Concession - \$5 Individual - \$10

I'm joining the Foundation for _____ years.

Please accept my donation of _____ Donations over \$2 are tax deductible

Total Amount: \$ _____

PAYMENT

Please find enclosed my cheque / money order payable to the Mental Health Foundation (ACT)

Please debit my: **Visa / Mastercard**

Card No. _____ Expiry ____ / ____

NAME ON CARD _____

SIGNATURE _____

COMMUNICATIONS

Please check with me if ever you need volunteers

About the Foundation

The Foundation is a professional community service provider delivering better mental health for all. The Foundation has been part of the ACT community for over 25 years. The Foundation is a value based organisation committed to promoting improved mental health; providing high quality support services and reducing the stigma of mental illness. The Foundation works with all people affected by mental illness. We currently assist over 100 Canberrans daily through the delivery of our services, across five physical locations in the areas of psycho-social rehabilitation, one on one support, housing, information and referral, respite, courses and workshops.

WEBSITE

Visit www.mhf.org.au for comprehensive and up-to-date information.

EVENTS

From time to time the Foundation manages events with either a fundraising purpose or to promote positive attitudes to looking after our own mental health. For example Mental Health Week in October each year. Full details of upcoming events are listed on our website.

**Please call 6282 6658
or visit www.mhf.org.au
to find out more.**



Delivering Better Mental Health for All



A member of MIFA

**PERSONAL HELPERS
AND MENTORS (PHaM)**



Delivering Better Mental Health for All

The Personal Helpers and Mentors Program

The Personal Helpers and Mentors program aims to provide support for people whose lives are severely affected by mental illness.

We aim to provide support in your recovery journey to; help you better manage everyday tasks, help you get your relationships and life back on track, get plugged into your community and social networks, gain life skills and a sense of purpose.

Support that we offer can include:

- ✓ Helping you to get relationships with family and friends back on track
- ✓ Working with you to better manage or learn everyday tasks like; budgeting, shopping, learning to use public transport, managing finances, housekeeping and using computers.
- ✓ Accessing clinical supports
- ✓ Accessing other services and programs that may help in your recovery journey, like housing, medical supports, drug and alcohol services and counselling.
- ✓ Helping you to connect with social networks and getting involved with in community activities.
- ✓ Provide you with advice or options for family support or parenting difficulties

A personal helper and mentor can:

- ✓ Provide you with personal support
- ✓ Be available to talk when things are not going well
- ✓ Work with you to identify your goals and realise your potential
- ✓ Develop strategies for coping and dealing with difficult issues
- ✓ Help you access supports and opportunities when you need them

Phone 6242 7195 or email info@mhf.org.au

More Foundation Services

Supported Accommodation Rehabilitation Program (SARP) Residential Respite for Consumers (Warren l'Anson) – is for a planned break and to help develop living skills. Referrals are by self-referral as a part of your own recovery plan or from your GP, clinician or other support services.

SARP – is medium term, being up to 2 years, to learn skills for living in the community in a shared house. Referrals are via a health professional or support organisation.

Carers Respite (Marks Place) Residential Respite for carers and families – is for a planned break and to help with living skills development. Length of respite: up to 2 weeks. Referrals are by self-referral as a part of the family's recovery plan or via health professionals or support organisations.



The Rainbow

Psycho-social rehabilitation centre, open Mon – Fri
Phone 6242 6575 or email rainbow@mhf.org.au

Skills for Life

Courses and workshops to assist living with a mental illness

Phone 6242 4248

Information and Referral

Telephone helpline, library and website

Phone 6282 6658

Outreach

Rapid response to deteriorating mental health on the south side

Phone 6296 2291

Spanish Group

Monthly Support meeting for carers

Phone 6296 2291

Housing Accommodation Support Initiative (HASI)

One on one support with housing and a clinician to help you meet your goals

Phone 6296 2291



Why join the Mental Health Foundation (ACT)?

People join the Mental Health Foundation (ACT) for a wide variety of reasons, they may:

- ✓ Have accessed Foundation services themselves and want to give something back
- ✓ Want to make a positive difference to the lives of people living in their community
- ✓ Have seen the positive effects of the Foundation's services on people's lives
- ✓ Know that their contribution will make a difference
- ✓ Have a friend, family member or neighbour living with a mental illness



A member of MIFA

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Phone: 02 6282 6658

Fax: 02 6282 6674

Web: www.mhf.org.au

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Australian Government
Department of Families, Housing, Community Services and Indigenous Affairs