

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.**

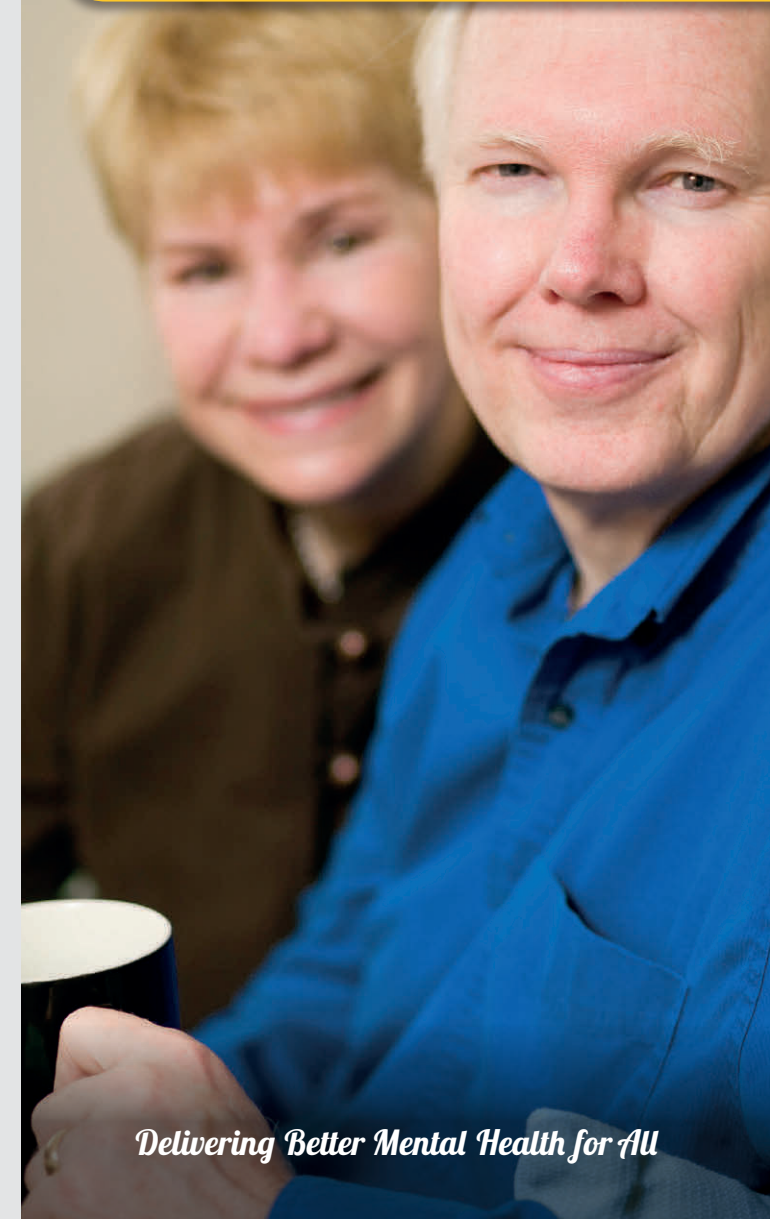


Delivering Better Mental Health for All



A member of MIFA

**SUPPORTED ACCOMMODATION
AND REHABILITATION PROGRAM**



Delivering Better Mental Health for All

Supported Accommodation And Rehabilitation Program (SARP)

The Supported Accommodation Rehabilitation Program (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)

Mark's Place is a respite service for carers of and people living with a mental illness. Mark's Place aims to provide carers of people living with a mental illness with the opportunity to have a short break from their usual living situation.

Carers can stay at Mark's Place with or without the person they care for. Alternatively, the person they care for can stay on their own. Mark's Place will help support the goals of the carer and the person they care for by developing individual recovery plans.

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.

Phone 6296 2291

Residential Respite for Consumers (Warren l'Anson)

Warren l'Anson House is a planned residential rehabilitation program for people living with mental illness in the ACT region. People who live with a mental illness can access the program for up to two weeks at a time.

Warren l'Anson House provides an opportunity to have some time out. Foundation staff will plan and assist you with your individual recovery journey, in a friendly and professional environment. Referrals are by self-referral as a part of your own recovery plan or from your GP, clinician or other support services.

Phone 6247 1936

Outreach

Rapid response to deteriorating mental health on the south side

Phone 6296 2291

More Foundation Services



The Rainbow

Psycho-social rehabilitation centre, open Mon – Fri

Phone 6242 6575 or email rainbow@mhf.org.au

Personal Helpers and Mentors Program

One on one support with mental health recovery with your own personal mentor

Phone 6242 7195

Information and Referral

Telephone helpline, library and website

Phone 6282 6658

Skills for Life

Courses and workshops to assist living with a mental illness

Phone 6242 4248

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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