

What we offer

- A six-session, goal focused program delivered by Peer Support Workers.
- Support from Mental Health Support Workers.
- Involvement with an Intensive Support Clinician
- NDIS application support for those wanting to apply to the scheme.
- Engagement in our weekly group programs.

Work towards achieving goals & a positive future

Start today!

Ballarat: 03 5338 4500
Grampians: 03 5358 7400
refer@gch.org.au

Supported by Western Victorian Primary Health Network (WVPHN) under the Australian Government's Primary Health Networks Program

community mental health support

Connecting2community helps you get back into social activities & in touch with community supports.

We'll help you identify goals & then help with the research, information & guidance you need to make those goals a reality. We'll also support you with your mental health along the way.



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Group sessions available:

- Creative sessions, ages 18-65
- Creative play space, ages 55+
- Exercise classes catering to all abilities, including: Tai Chi, Yoga & Pilates
- Relaxation sessions
- DBT skills
- Healthy Minds:
 - goal setting & values,
 - stress management
 - anxiety management
 - sensory modulation
 - communication
 - boundaries
 - food & mood
 - sleep hygiene & routine
 - alcohol & other drug support

Are you eligible?

- Are you living in the Western Victoria Primary Health Network catchment area?
- Are you living with a mental health condition?
- Are you not acutely unwell?
- Are you goal & recovery focused?
- Are you aged between 18-65 years?
- Are you looking to link in with the NDIS?
- Are you eligible for NDIS but waiting for an access decision, a plan to begin or you need help with the process?

“20 years ago I couldn't have even imagined what my life looks like now. If I can manage my mental illness, with some support, others can too.”

- Program Peer Worker

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