



MEDIA RELEASE

Connections for mental wellness

19 February 2019

Connecting2community is a new psychosocial support service co-designed by consumers, for consumers and delivered by peer workers, to inspire confidence and hope in others on their journey of recovery.

Connecting2community is a tailored, individualised and client-centred program that helps people achieve their goals to tackle their mental illness through support, encouragement and advice. The program is provided by Ballarat Community Health and Grampians Community Health.

“By sharing lived experience we can increase more positive outcomes for people in their recovery journey,” BCH CEO Sean Duffy said.

“Connection to someone who has walked a similar path before, gives hope to those facing challenges of their own,” Mr Duffy said.

Research identifies that the top two priorities for people with severe mental illness is managing the symptoms of the illness and addressing loneliness and social isolation

This program has been initiated to provide people with opportunities and support to connect to their local community and is available for people from the age of 18-65.

“This program is evidence that involving people with lived experience in the development of programs dramatically increases the chance of providing what the community needs” Mr Duffy said.

This program is supported by Western Victorian Primary Health Network (PHN) under the Australian Government’s Primary Health Networks Program.

Western Victoria PHN Acting CEO Rowena Clift said: “We are delighted to support this program alongside Ballarat Community Health and Grampians Community Health. Mental ill health is a growing issue across all our communities and putting people at the centre of services and providing important connections to community is a critical part in their support and journey of recovery.”

For more information on the program, please contact Ballarat Community Health on 5338 4500.

Connecting2community launch details
Thursday 28 February 10.30-11.30am
Ballarat Community Health, 12 Lilburne St, Lucas.

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Approved by CEO

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