

Mental Health Care



The right
support for
your wellbeing.

Uniting



What is mental health support?

Whatever the nature of your mental health challenges, we help you to manage struggles so you can maintain your mental health.

Our services range from one-on-one to group support, residential care and youth social support.

Our mental health support includes:

Recovery and wellbeing

Our qualified staff support you through mental health issues with programs arranged around your needs. We work with all Victorians including youth, older people and those who identify as LGBTIQ+.

We also provide support if you're experiencing challenges due to COVID-19.

Early Intervention Psychosocial Support

Anyone aged between 16 and 64 who cannot access NDIS, and has an emerging or an established psychiatric disability can get support for up to 12 months.

Services and Treatment for Enduring and Persistent Mental Illness (STEPMI)

If you have a persistent serious mental illness, our STEPMI program can help you.

Voices Vic

If you experience voice hearing we are here for you. Our team are trained to help those who hear voices when the source is not directly present.

Residential services

Our residential mental health services are available to people living with or at risk of developing a mental illness who want to help build a healthier, happier future.

Social support

Connect with others who are going through similar mental health challenges. Meetings and programs to build your skills are structured to improve your confidence and create community connection.

NDIS for mental health

Uniting is a registered NDIS provider. If you're an NDIS participant, we can work with you to make the most of the mental health goals laid out in your plan.



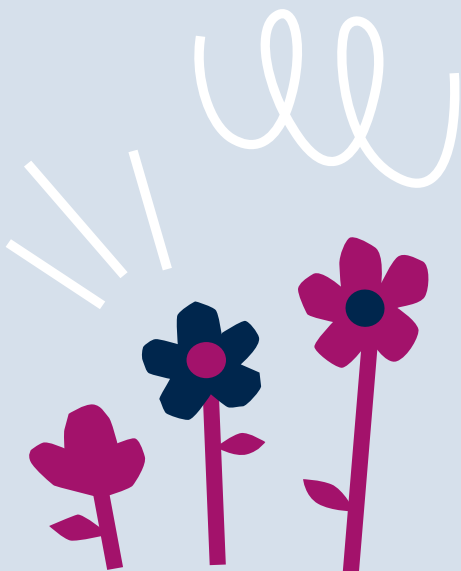
If you're struggling with your mental health, we're here for you.

Our services are designed to build your confidence and connect you with the support you need to manage your mental health.

Where to get help

If you are experiencing a personal crisis, or thinking about suicide, please contact Lifeline **13 11 14**.

Get in touch with Uniting to talk about what mental health support programs are available to you.



About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services. We pledge to provide inclusive and non-discriminatory services.

Our programs vary from region to region. Contact the office closest to you to confirm how we can support you.

Kew

T 1300 826 347

St Kilda

T 03 9692 9591

Horsham

T 03 5362 4000

Mt Waverley

T 1300 277 478

Cheltenham and Prahran

T 1300 826 347

Sunshine

T 03 9351 5900

Ballarat

T 03 5332 1286

Leongatha

T 03 5662 5150

Interpreters available on request.

unitingvictas.org.au/mental-health

