

mind

**Mental health
made human**

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Every person's mental health journey is unique, which is why we provide early and ongoing personalised support to people, families, carers and kin.

Every year, Mind Australia supports more than 25,000 people impacted by mental health and wellbeing challenges. For nearly 50 years, we have provided evidence-based support that focuses on recovery, early intervention and supporting people to live the lives they choose.

We partner with health, community and government organisations to provide holistic support and a safe environment for people to live safe connected and fulfilling lives in the community.

We listen to the people who use our services. Their feedback helps us continually learn and improve our services, while contributing to our research and advocacy work.

We are:

- one of the largest providers of community-managed psychosocial services in Australia, with a range of residential, mobile outreach, centre-based and online services
- a leading employer of people with personal or family/carer lived experience, recognising their unique ability to connect with, support and walk alongside people
- one of the leading specialist community housing providers in Australia for people experiencing a psychosocial disability, including long-term, onsite supported social housing with The Haven Foundation
- a registered NDIS provider, entrusted to deliver federal and state government funded services across Australia
- we are specialists in support coordination, delivered nationally through One Door Mental Health.

Our services are flexible and offer genuine options for support. Mind provides practical and motivational support to people 16 - 100 years of age who experience mental health and wellbeing challenges or are a family member, carer, supporter or kin. We work with people to learn what matters to them, explore life's possibilities, and develop knowledge and skills. Together, we support people to feel seen and heard, connected and valued, so their wellbeing thrives.

Together, we support people to build

- quality of life
- daily living skills
- capacity for self-care
- mental and physical health
- social and relationship skills
- housing, education and employment.