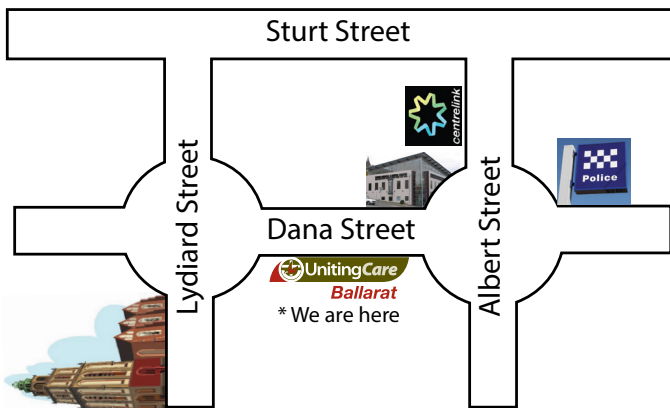


## UnitingCare Ballarat also provides support with:

Alcohol and Other Drugs  
BreezeWay Meals Program  
Community Transport (seniors)  
Crisis Telephone Support (Lifeline)  
Emergency Relief  
Homelessness Response & Housing  
Opportunity Shops  
Whitegoods Loans



## After Hours Telephone Support

For Urgent Issues Contact: 000

## Ballarat Health Service Mental Health Services:

1300 661 323 (Local call cost)  
24 hours a day, 7 days a week

**Lifeline:** 13 11 14

24 hr telephone crisis counselling



105 Dana Street  
PO Box 608, Ballarat 3353

Phone: 03 5332 1286

Fax: 03 5332 1055

[www.unitingcareballarat.com.au](http://www.unitingcareballarat.com.au)



# Mental Health Community Support Services



# What Do We Provide?

UnitingCare Ballarat Mental Health Community Support Services (MHCSS) is a free and voluntary service for people aged 16-64 who are experiencing difficulties with their mental health.

*Our team is dedicated to providing you and your carer (if you wish) education and support in your own home, within your community or wherever you feel most comfortable.*

Our experienced and trained recovery workers work from a person centred, strength based approach. We provide non-judgemental support and aim to positively support you as you learn more about the effects of mental illness and its management.



# How Does It Work?

To access Community Mental Health support, contact  
**ACSO Connect**  
on 1300 022 760  
for referral and intake

Because we recognise each person and their situation is unique, our service offers a choice of pathways for you to contribute to your own recovery.

Support is planned and provided on an individual basis which allows us to assist you to identify and make changes you want to make in your life, whether it's in relation to:

- Housing;
- Living skills;
- Work or education;
- Relationships; or
- Improving your physical or mental health

These changes may include activities where you can learn new skills, meet other people and link into your local community.

Our Mental Health Community Support Services operate within Ballarat and outlying areas.

*We also offer:*

- One to one support aimed at improving well-being and building on your strengths and values;
- Referrals to other services;
- Working with other support services and people involved in your care;

UnitingCare Ballarat also offers Mental Health Services through:

**Barnagen:** providing psychosocial rehabilitation support to young people aged 16-25 years with a mental health condition that is impacting on everyday living and interrupting important life areas. It is a 12 month program which is run in a residential setting.

