

Breaking Barriers – Mental Health Support for the Southern Peninsula

About the Breaking Barriers Program

With over 35 years' experience, Mentis Assist provides specialised mental health support for people experiencing mental illness and their carers. Our Breaking Barriers team of experienced Wellbeing and Capacity workers can provide case management and connection to support your mental health and other social support needs.

What is Breaking Barriers?

A program for people with mental health needs who would benefit from support and navigation through the mental health and wider service system.

The program is designed to provide office based and outreach support to people with mental health and psychosocial disability living in the Southern Mornington Peninsula area. This support extends to family and carers.

What support can Mentis Assist provide?

- Health education/literacy and wellbeing information
- Care planning and service connection
- Referrals and linkages to appropriate services
- System navigation/ Service coordination
- Outreach

Who is eligible?

Adults aged 18-65 with a mental illness who do not have adequate supports in place to meet their mental health and/or other complex needs.

How do I access this service?

You can self-refer or ask for your carer, family member, GP or other health care provider to refer you to this service.

Location & Contact details

The Breaking Barriers program is located at the **Southern Peninsula Community Support and Information Centre**.

Address: 878 Point Nepean Road, Rosebud

Phone: 1300 MENTIS (1300 636 847)

Email: info@mentisassist.org.au

The Breaking Barriers program is sponsored by the fundraising efforts of the Peninsula Hot Springs unique Ride for Relief charity, and is delivered as a community partnership initiative by Mentis Assist.



Partners in mental health awareness