



**MENTAL HEALTH
& WELLBEING HUB**

Free Mental Health Support & Counselling

Mental Health & Wellbeing Hub

*Responding to the Mental Health
& Wellbeing needs of the community
following the impact of COVID-19*

**Registered
NDIS Provider**



your **MENTAL HEALTH** matters



WHAT SERVICES DOES THE MENTAL HEALTH & WELLBEING HUB PROVIDE?

This new service seeks to actively support the recovery of people with emerging or existing emotional and mental health concerns and to ensure you get the support you need.

- ✓ wellbeing coaching, emotional support and practical assistance to address the needs of people who are feeling distressed or overwhelmed;
- ✓ wellbeing supports tailored to a person's individual needs;
- ✓ assistance with accessing and linking in with services;
- ✓ support to connect with family, friends, carers and the community

WHO CAN ACCESS SERVICES?

If you are feeling distressed, overwhelmed, or may have a pre-existing mental health concern, either directly or indirectly affected by COVID-19 transmission, a carer, family, younger or older, veterans, culturally diverse, LGBTIQ or simply don't have services or supports that can help.

WHERE CAN I RECEIVE SUPPORT?

Support may be provided face to face on site, in your home or in the community.

For those who prefer remote support, COVID-Safe options such as telehealth and other online forms of communication are also available.

HOW DO I ACCESS THE MENTAL HEALTH & WELLBEING HUB?

Referral to the Mental Health & Wellbeing Hub can be made by anyone, including yourself, by phoning Partners in Wellbeing – **Ph 1300 375 330**. They can also be contacted via the website **www.partnersinwellbeing.org.au**

- ✓ Intake for Referrals open 9am-10pm weekdays and 9am-5pm weekends.
- ✓ Support services operate 9am-5pm weekdays.

You can also drop into our centre at 443 Nepean Highway Frankston, between 9am – 5pm weekdays, or phone 8792 4900 to talk to one of our Counsellors about your individual needs.

For Referrals Contact

Partners in Wellbeing

t 1300 375 330

w partnersinwellbeing.org.au

443 Nepean Highway, Frankston VIC 3199

t 8792 4900

f 8677 1170

info@mentisassist.org.au

mentisassist.org.au

**Registered
NDIS Provider**



*35 years experience in providing specialised
mental health support & we are proudly inclusive*



Mentis Assist respectfully acknowledges the Bunarong, Boon Wurrung & Wurundjeri peoples of the Kulin Nation, and pay our respects to their Elders past, present and emerging, who are and will remain the custodians of the land on which we provide our services.