

# ARE YOU STRUGGLING WITH YOUR MENTAL HEALTH AND WELLBEING SINCE COVID-19?

Mentis Assist offers a range of Mental Health supports including our **free Mental Health and Wellbeing Hub.**

This new service seeks to actively support the recovery of people with emerging or existing emotional and mental health concerns following the impact of the pandemic.

## THE SERVICE PROVIDES

- ✓ 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

## HOW TO ACCESS THE SERVICE

- ✓ Referral to the Mental Health & Wellbeing Hub can be made by anyone, including yourself, by phoning Partners in Wellbeing on **1300 375 330**. They can also be contacted via their website **[www.partnersinwellbeing.org.au](http://www.partnersinwellbeing.org.au)**
- ✓ Intake for Referrals open  
9am – 10pm weekdays  
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.