

Early Intervention Psychosocial Support Response Service

(Program information for clients)

A clinical & community partnership for psychosocial support services

About Mentis Assist

With over 30 years' experience, Mentis Assist provides specialised mental health support for people experiencing mental illness and their carers.

Our team of experienced mental health and peer practitioners, psychologists, social workers and mental health nurses, work alongside a network of clinical services, general practitioners, psychiatrists, counsellors and clinical and community services.

We provide one to one and group support to assist in client directed recovery, we help people to identify their personal strengths, values and goals, while supporting and coaching them to achieve and develop these. We assist clients to connect with; family, carers, friends' and the wider community to develop a strong and understanding support network and sense of social connectedness.

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How do I get a service?

If you are eligible to receive the *Early Intervention Psychosocial Support Response Service*, your case manager or clinical worker at Peninsula Health will refer you to Mentis Assist for support.

What can I expect when I am referred?

With your consent your Peninsula Health case manager or clinical worker will give your details and some basic information to Mentis Assist's intake worker. Within a couple of days of us receiving your referral, our intake worker will give you a call to gather some further information about you. We will then arrange to meet with you and assign a worker who can assist you in identifying and prioritising your goals and developing a plan of action. Your family, carers and other support people are welcome to be involved in this referral and assessment process.

What support does Mentis Assist provide?

- Individual mental health support
- Group based mental health education
- Outreach support – support provided within the community or at home
- In-reach support – bed-based support in a clinical mental health service
- Care coordination
- Peer support from Peer worker
- Engagement with carers/family
- Assistance to access other services
- Support in understanding the NDIS if this is something you would like to pursue
- Assistance with discharge planning both from Peninsula Health and from the EIPSR program

What outcomes can I expect from the service?

When you leave the EIPSR service, you will have been provided with the tools to assist in your ongoing recovery, including:

- Independent living
- Reduced likelihood of severe mental illness developing into a lifelong disability
- Reduce the need for more acute mental health services
- Being able to self-manage your mental illness
- Decrease self-harming behaviour
- Increased confidence in activities and daily living
- Improved relationships
- Adopting a healthy lifestyle
- Assistance to test your eligibility and apply for becoming a NDIS participant