



Registered
NDIS Provider



your
MENTAL
HEALTH
matters

A guide to our NDIS
Mental Health supports

For better mental health

For over 30 years Mentis Assist has been providing specialised mental health support for people experiencing mental illness and has helped thousands of individuals achieve optimum recovery and wellbeing.

As a registered NDIS provider we offer tailored, individual support across the Mornington Peninsula, Bayside, and South-East Melbourne regions.

YOUR RECOVERY MATTERS

Mentis Assist is committed to supporting you to achieve your mental health goals and to ensure your journey with the NDIS is positive and rewarding.

We understand that you are the expert of your own lived experience and we partner with you to provide the right supports to help you be the best possible version of yourself.

YOUR NDIS MATTERS

Mentis Assist offers a wide range of support to help you get the most out of your NDIS Plan.



CORE & CAPACITY

Support that assists you with daily living activities to help you work towards your goals, supporting you to achieve greater independence.

- Support to improve everyday life
- Assistance with motivation to complete everyday tasks
- Skill building to manage household duties
- Assistance with engaging in and accessing community activities
- Support with learning how to use public transport
- Assistance with accommodation and tenancy
- Emotional support and mentoring
- Strategies to ease and manage your symptoms
- Support you to build physical activity

SUPPORT COORDINATION

Assistance with understanding and implementing the right services to meet the needs of your NDIS Plan.

- Help to understand NDIS Plans and funding categories
- Support to implement your NDIS Plans
- Assistance to link you with appropriate services
- Monitoring of Plan budgets
- Support for NDIS Plan reviews and submission
- Completion and submission of NDIS progress reports
- Assistance with SIL/SDA Housing applications

SPECIALIST SUPPORT COORDINATION

Support Coordinators and Specialist Support Coordinators sound similar and function in a similar way, but look after different NDIS categories of support.

While Support Coordinators will help you plan and implement your capacity building programs, in-home supports and community inclusion programs, Specialist Support Coordination will help if you have additional or more complex needs by working one-on-one with you in your journey to recovery.

RECOVERY COACH

Through strong and respectful relationships and skilled coaching, your Recovery Coach will work collaboratively with you, to identify, plan, design and coordinate NDIS supports.

- Develop a recovery-orientated and supportive case management relationship based on hope
- Support your engagement with the NDIS for plan reviews, budgeting and plan implementation general advocacy and recovery planning
- Coach to increase your recovery skills and personal capacity, including motivation, strengths, resilience and decision-making
- Supporting your recovery and goal planning
- Coordinate your services and link to your chosen supports

YOUR SUPPORT MATTERS

As a registered NDIS specialist mental health provider, Mentis Assist is committed to providing you with individually tailored and localised support where you need it most.

That's why we focus on you and your own personal goals to help you achieve your best possible mental wellbeing.

YOUR CHOICE MATTERS

We understand that your personal situation and NDIS journey is unique.

We'll provide you with the right supports, encouraging choice and control to help you get the most out of your NDIS Plan.

YOUR VOICE MATTERS

Mentis Assist connects individuals and their families with mental health services that provide personalised, recovery-oriented support.

We assist people to recognise their unique values and strengths and enhance social participation and meaningful relationships with others.

If you already have your **NDIS Plan**,
please contact us on **1300 636 847**.

If you have not yet accessed or applied
for the **NDIS** please contact the
NDIA on **1800 800 110**.

Office Locations

Mentis Assist has offices located throughout the Mornington Peninsula, Frankston and South-Eastern region of Melbourne.

Contact



Head Office

443 Nepean Highway
Frankston Victoria 3199



Phone

1300 MENTIS (1300 636 847)



Email

info@mentisassist.org.au



Website

mentisassist.org.au



Mentis Assist acknowledges that we provide our services on the lands of the Bunarong, Boon Warrung and Wurundjeri people of the Kulin Nation. We acknowledge that these people are the traditional owners and caretakers of these lands and we pay our respects to them.