



# Social Support Program

**35 Years experience in providing specialised mental health support**

## ABOUT MENTIS ASSIST

Mentis Assist provides specialised mental health support for people experiencing mental illness and their carers and for those culturally or linguistically diverse.

We work with people to help identify their personal strengths, values and goals, while supporting and coaching them to achieve and develop these.

We also help connect people with others in the community or to engage with family and friends, while providing support to remain living independently at home and in the community.

## WHAT WE DO

Mentis Assist's Social Support Program can assist with:

- Finding out about and contacting suitable services
- Explaining how services work and assisting with referrals
- Helping to choose which services best suit a person's needs and lifestyle
- Assistance with maintaining independence

Registered  
NDIS Provider



*your* MENTAL HEALTH matters

## ELIGIBILITY

Groups are available to people over 65 who are socially isolated, financially vulnerable or struggling with their mental health and for people under the age of 65 who are eligible for Home and Community care Services (HACC).

## SOCIAL SUPPORT GROUPS

Mentis Assist's Social Support Groups aim to improve participants' independence, quality of life and social participation within the community.

Our Social Support groups encourage participants to remain physically active while continuing to engage mentally and socially with friends and the broader community, helping to reduce the impact and conditions associated with community socialisation and isolation.

Activities may include:

- Games
- Discussions
- Crafts
- Outings
- Guest Speakers
- Music
- Movies
- and more...

Activities are reviewed regularly and may be changed from time to time to meet the needs of participants.

## OUR FACILITATORS

Mentis Assist Social Support Groups are staffed by trained facilitators who provide a variety of structured activities.

443 Nepean Highway, Frankston, VIC 3199

☎ 1300 MENTIS (1300 636 847)

☎ 03 5970 5055

[info@mentisassist.org.au](mailto:info@mentisassist.org.au)

[mentisassist.org.au](http://mentisassist.org.au)



The Home and Community Care program is funded by the Victorian government.



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.