

Mental Health Support for Secure Tenancies (MHSST) aims to break the cycle of homelessness by supporting people with a severe and enduring mental illness to live independently in the community, obtain secure housing, improve their independent living skills and address their physical and mental health needs. MHSST utilises a flexible outreach approach that is integrated and links to the broader health and community service system. MHSST has a worker dedicated to the Aboriginal community.

Partners in Recovery (PIR) works with people with multiple and complex needs, ensuring services work together in a more collaborative, coordinated and integrated way, supporting an individual's recovery journey by addressing their physical health, mental health and other needs. PIR promotes a community centred recovery model based on the understanding that a successful recovery requires a coordinated response from a range of sectors.

Online training programs enable participants to develop resilience skills from within their home or workplace and at a time and pace that suits them. The innovative Growing Resilience Internally (**GRIT**) program develops the capacity to meet the challenge of an ever changing world, effectively manage stress (whether it be the result of the working environment, bush-fire, flood, illness or adversity) and enable participants to transition from who they are, to who they want to be.

Eligibility and referral

within Australia's programs and services are available to individuals aged 16 - 64. For program specific eligibility and referral information please refer to our website or contact us on **1300 737 412**.

Telephone (all locations):
1300 737 412

Correspondence:
P.O. Box 635
Bairnsdale, VIC 3875

East Gippsland

Bairnsdale (Head Office)
265 Main Street, Bairnsdale
Fax: (03) 5152 6345
Email: bairnsdale@withinaustralia.org.au

Orbost
Orbost Regional Hospital – Health
Counselling and Support Services Building
29 Browning Street, Orbost
Fax: (03) 5152 6345
Email: orbost@withinaustralia.org.au

Wellington

Sale
1st Floor, 89 Raymond Street, Sale
Fax: (03) 5144 5749
Email: sale@withinaustralia.org.au

South Gippsland / Bass Coast

Leongatha
3 Church Street, Leongatha
Fax: (03) 5662 5288
Email: leongatha@withinaustralia.org.au



within Australia

Working with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.



within
Australia

*working together for better
mental health and wellbeing*

www.withinaustralia.org.au

“LG’s” story

“Since I have been engaged with **within** Australia I have developed strategies and worked very hard on them which has resulted in me now being able to walk down the street by myself whilst managing my anxiety levels effectively. I feel my future is promising now whereas before a simple task such as going outside was unbearable for me. I now have a sense of freedom in my life which lets me feel joy and happiness and with this independence I feel I am free to achieve my goals.

I now believe “I can do” whereas before **within** Australia I wasn’t sure about anything. Who knew, **within** Australia could help me change my life so dramatically and in such a short amount of time.”

Resilience is best described as the ability to bounce back from life’s challenges, it’s the key to dealing with change in our lives, helps us manage stress and deal with adversity.

Models of care:

The **Optimal Health Program** is a gateway to service and is designed to help individuals achieve optimal health outcomes (a balance of physical, psychological and social health and wellbeing). OHP has three core components: Education (factors that influence your mental health), Coping Strategies (actions and strategies to manage and reduce stress) and Skills Development (tools and techniques to help you achieve and maintain long term optimal health).

The **Action Over Inertia Program** supports individuals in overcoming the barriers preventing them from deriving meaning and enjoyment from the wide range of activities that make up their daily life. The program utilises occupational therapy techniques and helps participants realise the health and wellbeing benefits associated with taking part in meaningful activities.

The **Collaborative Recovery Model (CRM)**, developed by the University of Wollongong Illawarra Institute for Mental Health, focuses on achieving positive outcomes and is founded on the principles

About us

within Australia (formerly SNAP Gippsland) delivers accessible programs and services that help people achieve optimal health and wellbeing by being better able to respond to challenges they face in their daily lives. We work with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.

We have been a leader in the delivery of community managed mental health and wellbeing services since 1992. In 2016 SNAP Gippsland became **within** Australia, reflecting our continued commitment to providing innovative people centred services that help our clients achieve better outcomes. We are committed to delivering the most up-to-date, evidence based and research validated models of service and care available.

Services include: psychosocial rehabilitation, recovery services and educative programs to people living with mental illness, their families and carers. Our online training programs focus on developing resilience skills. All our programs and services are tailored to a person’s individual needs, values and preferences.

What do we mean by recovery and resilience?

Recovery represents the unique and personal journey taken by an individual as they work towards regaining their sense of identity and achieving meaning and purpose in their lives. Recovery embraces a person’s capacity for taking responsibility for their own life and:

- manage mental health
- improve and sustain physical health
- improve relationships with family, friends and co-workers
- achieve education and employment goals
- improve daily living skills
- address housing issues.



of recovery; individual process, collaboration and autonomy support. CRM is delivered in a coaching style and takes a value based approach to setting life goals and managing illness experience.

Flourish, developed by the University of Wollongong Illawarra Institute for Mental Health, is a peer facilitated recovery based self-development program that focuses on personal growth and responsibility. The program helps participants identify their goals and provides them with the tools they need to achieve them. Flourish is not an illness management program but is designed to help individuals take responsibility for making positive changes in their life.

Our services

Individualised Client Support Packages deliver a coordinated tailored approach involving a range of services, ensuring clients receive the support they need to live well in the community, improve their life skills, manage their mental illness, improve their health and wellbeing and connect with other services.

Intake to the Individualised Client Support Packages Program is undertaken by the Australian Community Service Organisation (ACSO) which, following an initial eligibility screening, will provide a referral to **within** Australia for a comprehensive assessment. ACSO can be contacted on 1300 022 760 (9am-5pm Monday to Friday).