

Communify Qld is a multi-service community organisation that has provided a diverse range of services to local people for over 30 years.

We provide a range of programs and activities for people in our community that aim to enhance their quality of life. Our programs focus on the welfare and well-being of socially, physically, intellectually and emotionally disadvantaged and vulnerable people.

We work with local people to promote a diverse, socially just and inclusive community.

Communify Services

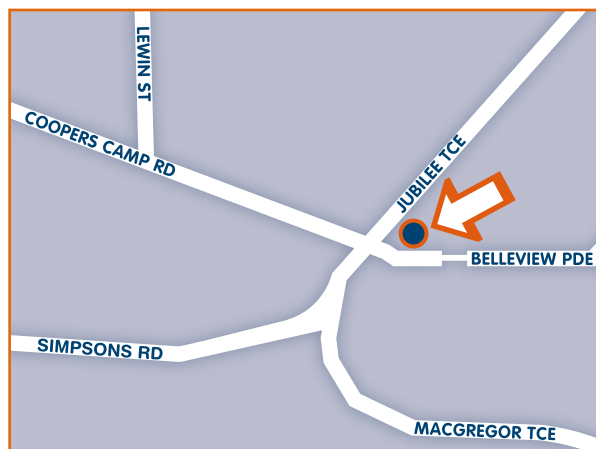
- aged & disability services
- childcare
- community development
- community education
- emergency relief
- family and individual support
- home assist secure (inner west)
- lady ciletto parenting centre
- mental health services
- no interest loans scheme
- recreation
- refugees
- venues for hire
- volunteers



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e: mhs@communify.org.au
w: communify.org.au
office hours: monday to friday 9am – 5pm

Bus

375 Bardon Stop 15
382/383, 384/385 The Gap
598/599 Great Circle Line
(300m walk from Bardon stop on Jubilee Tce)



We are located here

MENTAL HEALTH SERVICES

Community's MHS utilises recovery based practice and a strengths based approach to support people experiencing emotional distress. We focus on encouraging good physical health, wellness and improving the quality of life of people as they live independently in the community. We value the experience each individual has and recognise that people will be at various stages of their recovery and have different goals and aspirations.

What do we offer?

Our service offers access to:

- **one-on-one social support**
- **lifestyle and household support**
- **budgeting and financial assistance**
- **exercise and leisure activities**
- **transport training, planning and access**
- **domestic support and assistance**
- **peer support groups and programs**
- **psycho-education and advocacy**
- **access to other services including:**
 - **employment, education and training**
 - **housing information and referral**
 - **income support and financial management**
 - **medical and mental health**
 - **alternative therapies**

Personal Helpers and Mentors (PHaMS) Program

Personal Helpers and Mentors assist in reconnecting people with their community and work alongside people to facilitate their recovery. People who participate in the program will work one-on-one with their PHaMS worker on their individual recovery plans.

Our team is made up of individuals with experience and skills in a number of areas including; lived experience, drug & alcohol rehabilitation, youth work, family support, and CALD. All have a background and/or training in community mental health.

Our Personal Helpers and Mentors program uses a strengths-based approach to support people whose lives have been affected by mental illness. We honour an individual's skills, competencies and life experiences. We provide support that is sensitive, maintains the dignity of people and that encourage an individual's:

- **Hope** – having the belief that change is possible and that the future can hold hope instead of hopelessness.
- **Active sense of self** – recognising the internal qualities people utilise to move away from passivity.
- **Personal responsibility** – developing a sense of self-control from a sense that others have control.
- **Discovery** – connecting with a sense of purpose and moving away from feeling alienated from meaning.
- **Connectedness** – regaining connectedness with significant others and contributing to relationships and community.

Mental Health Support Program

People who are living with a mental illness as well as a condition which may present physical, intellectual or other limitations to their everyday living, can also benefit from our support program.

We focus on encouraging independence and community linking, providing access to activities and independent living skills. One-on-one social support is available for participants in this program, and domestic support for those whose physical limitations impact on their ability to manage their household tasks.

Who can access Community's MHS?

People with a mental illness, either living independently or transitioning into the community, who have a commitment to actively participate in our programs.

Participants of both Community MHS programs must be living in the Inner North Brisbane area.

People can self-refer, be referred by a family member, health professional or other services. The MHS Referral Form can be downloaded from our website or you can contact our MHS Manager by phone or email.

How much will it cost?

Our Mental Health programs are funded by the Australian Federal Government through the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) and Queensland Health through the Home and Community Care Service (HACC). Some activities may require a small fee.

Contributions are greatly appreciated and donations to Community Qld are tax-deductible.