building a
good
life

We work with a diverse range of people, together with their families and carers, to bring about positive change and build good lives in their communities. Our programs are informed by current evidence on mental health recovery and community inclusion, together with an understanding of people's lived experience – what works for them. We offer:

• Support from people who've been there
• Flexible programs to suit you
• Services based on what works

www.wellways.org

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276 Heidelberg Road
Fairfield Victoria 3078
Tel: (03) 8486 4200

Call 1300 111 500

Helpline is a volunteer support and referral service that provides information to people experiencing mental health issues, as well as their family and friends.
Wellways offers a wide range of services tailored to suit you

• Your health and wellbeing
  We support you in making positive changes, improving your wellbeing and building the life you want.

• Being part of community
  Having a sense of connectedness and belonging makes a big difference to wellbeing. We can help you connect with others and find activities, events and resources local to you.

• Finding a place to live
  Having a home is important to everyone. We’ll work with you to identify your needs and assist you in finding and maintaining a place where you can feel comfortable and safe.

• Working and learning
  Wellways can assist you in understanding your employment or study goals and help you build skills and confidence to return to work or study.

• Support coordination
  Our experienced staff work with you, the community and health services, and key people in your life, to develop and deliver an individualised plan that addresses your needs and goals for the future.

• Support for carers, families and friends
  When someone you care for experiences mental health issues, you may be impacted too. We help families and friends look after their own wellbeing and develop the skills needed to provide effective support.

Wellways mental health education programs

Wellways education programs provide an opportunity to learn about mental health and recovery. Designed for individuals experiencing mental health issues, families and community groups, these programs facilitate learning through the sharing of up to date information and personal experience.

For individuals

My Recovery – is a 10 session peer led education program developed for and by people with a lived experience of mental health issues and recovery. The program supports participants to take steps towards recovery, improve social and emotional wellbeing, build confidence and develop skills in a supportive peer group setting.

My Recovery Snapshot – is a 2 session peer led education program developed for and by people with a lived experience. Facilitators have their own lived experience and encourage shared learning in a supportive group setting. The program provides introductory knowledge and skills relating to mental health recovery, including options for further information, education and support.

Wellways to Work – is a 6 session peer led education program developed for and by people with a lived experience of mental health issues. It is designed to support people who are interested in taking steps towards work and/or study.

For families, friends and carers

Building a Future – is an 8 session peer led education program designed for family members of someone experiencing mental health issues. Family members will gain knowledge and skills relating to mental health and recovery, and have an opportunity to connect with others in a supportive learning environment.

Building a Future Snapshot – is a 2 session peer led education program designed for family members of someone experiencing mental health issues. The program provides family members with introductory knowledge and skills relating to mental health and recovery, including options for further information, education and support.

Duo – is a 6 session peer led education program designed to assist family members who provide support to someone with a dual diagnosis (mental health and alcohol or other drug use issues). Duo combines up to date research based information with lived experience knowledge to support learning in a peer group environment.

Duo Snapshot – is a 2 session peer led education program designed to assist family members who provide support to someone with a dual diagnosis (mental health and alcohol or other drug use issues). The program was developed in response to demand from family members who are ‘time poor’ but in need of essential information and support.

For the general community

Wellways community education – encompasses a number of programs and services, including:

• Understanding Mental Illness Workshops
• Personal speaker presentations from people with lived experience of mental health challenges, designed for schools and the general community
• Brainwaves radio program weekly on 3CR
• Lectures and seminars including the Annual Bruce Woodcock Memorial Lecture
• Helpline telephone service – providing free and confidential mental health information, support and referral advice for the community.
  Call Helpline on 1300 111 500

NDIS Services

Wellways Australia Limited is a registered NDIS provider in Queensland, Australian Capital Territory, New South Wales, Victoria and Tasmania. We offer a large number of supports you can choose from, including:

• support coordination and support connection
• group-based activities
• assistance to access the community
• skills development
• assistance with household tasks and personal care
• housing and tenancy assistance
• help with budgeting and financing
• travel training