

mental health skills support

What is skills support?

- Work alongside your worker to build mental health skills.
- Evidence-based program.
- Up to six sessions.
- 9 possible topics.
- You decide what to focus on.



What are the topics?

- Communicating with confidence
- Understanding my anger
- Physical activity for wellbeing
- Understanding and managing my moods and anxiety
- Problem solving skills
- Mindfulness and relaxation
- Understanding and accepting myself
- Sleeping well
- Nutrition for wellbeing

Family Inclusive Practice

- Where you are comfortable, and would be beneficial to your wellbeing, we encourage family and friends to be involved in your care.
- All involvement of family and friends is done with your privacy and confidentiality in mind.

Next steps

- Once a worker becomes available, they will contact you to arrange your first appointment.
- In periods of high demand, you will be placed on our waitlist and will receive regular check ins via call or text.

If you need immediate assistance, call 000, or to speak to someone urgently, please call: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or Mental Health Triage 13 14 65.