

Who is Aspirations for?

Aspirations supports people with a mental illness who are ready to take the next step on their recovery pathway.



Ermha is a community based organisation that supports recovery and instils hope for people who are experiencing the effects of a severe mental illness. Ermha clients may also have complex needs associated with a disability, substance abuse or housing instability. We recognise that each client has their own strengths, needs, desires and aspirations, and our range of programs are designed accordingly.

For more information about Aspirations or any other Ermha program call 1300 ermha1, email reception@ermha.org or visit www.ermha.org



ermha
aspirations



Your partner in mental health recovery

People who are experiencing a mental illness can recover and in the process create brighter futures.

For most people recovery requires a sense of hope as well as the right support. Ermha has decades of experience providing the kinds of support that help people rebuild their lives. We focus on what people can do, not what they can't.

We understand that a mental illness is often accompanied by anxiety, loneliness and isolation. It can affect relationships and careers as well as a person's sense of belonging and self-worth. In fact, a mental illness can be so overwhelming it is difficult for a client to know how to begin to recover.

Helping people to get started along a new road is one of the things we do best.

Operating from bases in Dandenong and Beaconsfield, Ermha's Aspirations day programs are where people come together to learn or relearn the everyday skills that promote recovery.



Aspirations supports recovery by

- Encouraging hope for a better future
- Supporting our clients to take the lead on their path to recovery
- Assisting clients to create and follow their Individual Support Plan (ISP)
- Emphasising clients' talents and abilities
- Providing group activities that promote creativity, wellbeing, social interaction and self-confidence

At Aspirations clients choose when they are ready to participate and to what degree. As clients progress, they often take on roles and responsibilities that allow them to practice the skills they can use to find and keep a job, restart their studies or achieve other aims. As part of the recovery process clients can test their strengths through personal action.

Aspirations is a "safe place to take a risk".

At the heart of Aspirations are the supportive relationships between all those involved in the program. These bonds of trust are the basis of the Aspirations experience.



Catchment

Aspirations Dandenong accepts clients who live in or near the City of Greater Dandenong.

Aspirations Beaconsfield accepts clients who live in or near the City of Casey or the Shire of Cardinia.

Eligibility

Aspirations clients must be between the ages of 16 and 65 years. Clients must also have a diagnosed mental illness.

Referrals

There are many ways to join Aspirations. Some clients are referred to us by other agencies, by GPs or mental health professionals. We also accept referrals by friends, family and carers as well as self referrals.

Contact

For more information please call Ermha reception on 1300 ermha1 (1300 376 421) or email reception@ermha.org

Aspirations Greater Dandenong is the starting point for traineeships at Ermha's MadCap Cafés.



Traineeships consist of several steps designed to prepare client trainees for jobs in the wider community. Please call for more information.

Ermha programs are funded by the Victorian Government Department of Human Services and/or the Victorian Government Department of Health.