

# Who is Ermha Outreach for?

Ermha's Outreach programs provide support to people with a mental illness in their homes and communities. "Homes" can include private rental, public housing, living with family or friends, living in a boarding house, or other types of accommodation.



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 Ermha Outreach or any other Ermha program call 1300 ermha1, email [reception@ermha.org](mailto:reception@ermha.org) or visit [www.ermha.org](http://www.ermha.org)



Your partner in mental health recovery



## The way we understand and think about mental illness is changing.

People are learning that they can recover from a mental illness and go on to build supportive relationships, contribute to their communities and lead life as they wish to. Getting on the path to recovery, even when symptoms persist, puts clients back in control of their lives.

Helping people to get started along a new road is one of the things we do best. Outreach staff have supported thousands of people as they discover a new sense of hope and begin the process of change. 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 overwhelming so it is often difficult to know how to start getting better.

### Ermha Outreach

- Supports clients in their homes and communities
- Provides one-to-one support
- Visits clients regularly as needed
- Assists clients to achieve their goals

Our main aim is to foster the development of social and living skills programs that help clients re-establish abilities in common aspects of everyday life.

These can include

- Managing money and financial transactions
- Cooking
- Healthy living skills
- Personal care
- Caring for one's home environment
- Making and keeping social and recreational contacts
- Relating to friends, family and people in the wider community

Each client, together with a support worker, creates what we call an Individual Support Plan (ISP). This plan lays out a client's goals and ways to achieve them. With their goals in mind clients are better able to measure their own progress and stay focused on the results they want to achieve. Our support workers aim to develop relationships with clients based on mutual trust and a desire for positive change.



## Catchment

Ermha Outreach covers the City of Greater Dandenong, the City of Casey and the Shire of Cardinia.

## Eligibility

Ermha Outreach clients are aged 18 years and over and have a professionally diagnosed mental illness.

## Referrals

Referrals to Ermha Outreach are made by clinical professionals and other support agencies. We also accept self referrals and referrals from friends, family and carers.

## Contact

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

“The feeling of belonging to Ermha saved my life.” Gerard.

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