

Who is Ermha Restart for?

Ermha Restart supports people who are experiencing their first episode of a severe mental illness.



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 Restart or other Ermha programs call 1300 ermha1, email reception@ermha.org or visit www.ermha.org



Your partner in mental health recovery

People who seek assistance soon after experiencing their first episode of a mental illness reduce the chances of longer term effects.

And as people recover they can go on to explore life in any way they choose – work, study, travel and more. Ermha has almost 30 years experience in the mental health field and we see it happen.

In fact, even though a mental illness can be a great challenge, many people experience the recovery path as being one of the most meaningful journeys they have ever taken.

So why can people who seek support early have confidence about getting better? Because the numbers tell a positive story. Early intervention, particularly in the case of first onset of a mental illness, greatly improves the prospects for recovery. This is because early intervention can often prevent symptoms from becoming more severe.

“You have the power and ability to make recovery a reality.”

We know that people who are experiencing a mental illness can find themselves feeling alone and misunderstood. We know it's scary. But here are some other things we know:

- Recovery from a mental illness is a process of discovery
- A mental illness is just one part of life even when it can seem to dominate
- There is nothing “wrong” about having a mental illness
- Healing takes time
- Community attitudes to mental illness are changing for the better

Shortly after joining Restart each client, along with an Ermha support worker, draws up an Individual Support Plan (ISP) which details where a client wants to go and how to get there.

Each Restart client has different goals. Some common goals are a return to study or work, better relationships with friends and family and a healthier lifestyle.

Clients of the Restart program work in groups with their peers and/or on a one-to-one basis with Ermha support workers to relearn general life skills and social skills that promote recovery. As clients recover they use our support to gain a new sense of life's possibilities and ways to explore them.

“I have come through the fire a stronger, better person.”

We offer opportunities for creative expression, outings, conversation and exercise, all of which contribute to new ways of seeing the world and to a brighter future. We also assist people to make the best possible use of other resources the community has to offer.

The Restart Program maintains a close working relationship with Southern Health's Recovery and Prevention of Psychosis Service (RAPPS) team and delivers much of its support in partnership with that clinical team.

Catchment

Ermha Restart works with people who live in or near the City of Greater Dandenong, the City of Casey and the Shire of Cardinia.

Eligibility

Restart works with people who are experiencing their first episode of a mental illness. Restart clients are between 16 and 65 years of age.

Referrals

Southern Health's Recovery and Prevention of Psychosis Service (RAPPS) refers people to Ermha's Restart program. Treating physicians and other community agencies can also refer people to Ermha Restart.

Contact

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

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

