



General Services

aspirations

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. 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 recovery progresses clients can test their strengths through personal action. Aspirations is a "safe place to take a risk".

ermha outreach

Ermha's Outreach programs provide support to people with a mental illness in their homes and communities. Our main aim is to develop and deliver structured social and living skills programs that help clients re-establish abilities in common aspects of everyday life. These can include caring for one's home environment, making and keeping social and recreational contacts and relating to friends, family and people in the wider community.

ermha residential support

Ermha Residential Support operates step-up step-down facilities that provide transition points between home and hospital for people who are experiencing a mental illness. Ermha Residential Support consists of two Prevention and Recovery Care (PARC) facilities, one in Springvale and one in Clayton. Both are short-stay facilities that provide 24 hour support to people who are experiencing a mental illness and whose symptoms are becoming more severe but who do not require hospitalisation. Conversely, we support people who have been discharged from hospital but who are not quite ready to live independently.

ermha respite

Ermha Respite provides a range of respite options for carers of people with a mental illness, psychiatric disability or intellectual disability, and their care recipients. We endeavour to meet the respite needs of carers and care recipients by identifying and facilitating a range of respite options that serve individual needs and circumstances. These options can include group holidays, individual packages, and recreational activities. One of our main priorities is to assist carers of people with high dependency needs, complex care needs and challenging behaviours.

ermha restart

Ermha Restart supports people who are experiencing their first episode of a severe mental illness. Clients of the Restart program work in groups with their peers and/or on a one-to-one basis with Ermha support workers to re-learn 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. 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.

origins

Origins supports people who are experiencing a mental illness and who come from a culturally and linguistically diverse background. Origins assists clients to make the best use of community resources and also introduces them to other Ermha programs that provide different support opportunities. For example, Origins clients can join our Aspirations day program which offers, among other resources, pre-vocational and job-training support. Origins uses an outreach approach (one-to-one, home-based support) and we also support clients in small groups.