

## Mental health support groups

Groups are a great opportunity to connect with others in your community in a casual or more structured setting. From learning a new skill to having a casual cuppa and chat, mental health support groups help facilitate connection with others, boost community engagement, and provide a space to practice mental health management strategies.



Groups are facilitated by CPS Facilitators and Peer workers, and include social groups and activities.

## Commonwealth Psychosocial Support

Mental health support with a focus on practical help and strategies for daily living.



visit online

[ermha.org/cps](http://ermha.org/cps)

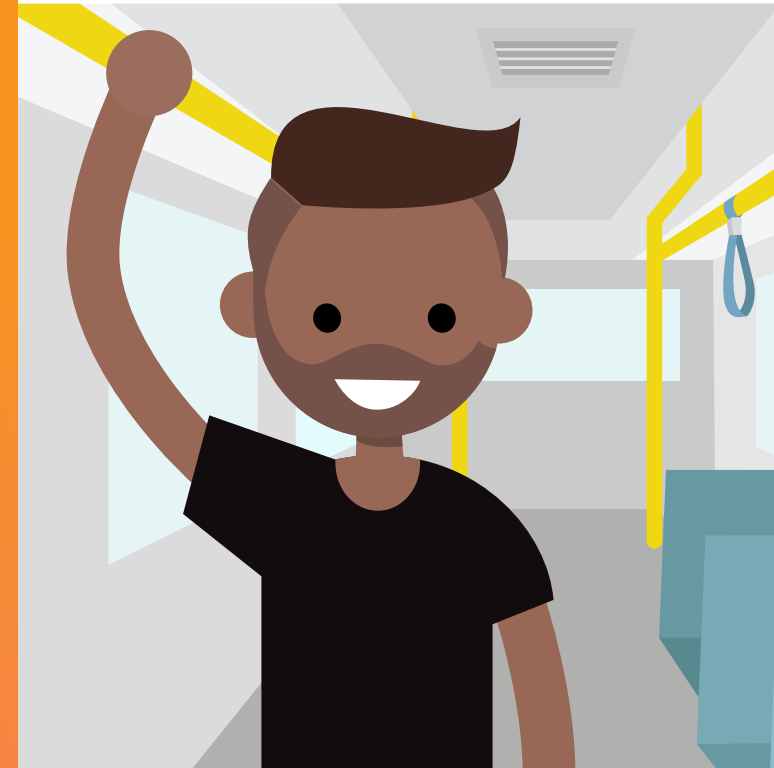
for a referral

 **1800 862 363**

talk to the Access & Referral Team

## Mental Health Support in South Eastern Melbourne

Are you struggling with your mental health?  
Need help to take the next step in your recovery?  
Want to access support, at no cost to you?



This service is supported by funding from South Eastern Melbourne Primary Health Network through the Australian Government's PHN Program.



Individual coaching and group activities to help you manage daily living and reach your goals

## If you identify with any of these statements, we can help:

- I have a mental health issue or a mental illness
- My mental health is holding me back from what I want to achieve in life
- I'm not sure if I can ever work or study because of my mental health
- I struggle with relationships
- I struggle to make friends
- I have difficulty managing my money
- I turn to drugs/alcohol to cope
- I want my life to be different to how it is now
- I don't know where to start to get help

Our team provides support to help you reach your goals, and connect you to suitable services to assist in your mental health recovery journey.



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## We can help you with:

- **Social isolation** – including strategies to deal with anxiety, connections to groups, building relationships with family and friends
- **Housing** – connections with housing services, help to complete housing applications, and support to address issues with your current housing
- **Self-care** – help to explore interests and hobbies, strategies for self-care, non-judgemental support to access alcohol and drug services if needed.
- **Food** – help to source affordable food, and with menu planning and easy meal ideas
- **Routine** – connections with clubs and social groups, help to create daily routine, exploration of study or work pathways
- **Transport** – learning to use public transport, help with getting a taxi card, or connections to local transport services
- **Connections** to legal, health, mental health and family support



**This is Mike.**

**Mike wants to make his own meals.**

**Mike doesn't know any recipes, or how to cook.**

**Mike received support through CPS.**

**Mike is now confident to plan his own meals.**

**Be like Mike.**



**This is Prisha.**

**Prisha wants to spend more time with friends.**

**Prisha often isolates herself due to her anxiety.**

**Prisha reached out for support through CPS.**

**Prisha is now working towards her goals.**

**Be like Prisha.**