

Helping Tasmanians take charge of their mental wellbeing

Have you got a patient or client experiencing episodic, severe mental health issues who urgently needs psychosocial support? *Horizons* is a free, short-term program (up to 26 weeks) that equips people with the tools needed to take charge of their mental wellbeing.

An evidence informed program delivering results

Yes, it's here – a free, client-led and short-term program that fills the gap for psychosocial support services for Tasmanians experiencing episodic, severe mental health conditions.

Life expectancy for people experiencing severe mental disorders is significantly reduced. It doesn't need to be this way. Equipping people with the strategies, resources and skills to take charge of their mental wellbeing can have lifelong benefits.

Creating pathways to mental wellbeing

Episodic, severe mental health issues can affect anyone. Responding to the needs and strengths of individuals, *Horizons* focuses on the goals participants want to achieve.

Call 1800 290 666 or email:
horizons@baptcare.org.au



Call
1800 290 666

Baptcare

baptcare.org.au/mentalhealth

More information about *Horizons*...

Who is *Horizons* for?

Tasmanians experiencing episodic, severe mental health issues who urgently need psychosocial support. *Horizons* supports participants to identify their needs and strengths – empowering them to set goals, and supporting them to find and use the tools to achieve them.

What is involved in the program?

Our *Horizons* team are here to help participants create a pathway to mental wellbeing, offering them psychosocial support for up to 26 weeks.

The program involves one-on-one sessions with one of our team, as well as access to a range of group sessions. Our team help participants identify and work towards their own individual goals and recovery.

Due to the COVID-19 pandemic, our team are currently working with participants over the phone (or via virtual platforms such as Zoom). Once the pandemic passes, our team will once again meet with participants in their homes (or a place that suits them).

How long is the program?

The evidence informed short-term program offers participants support for up to 26 weeks.

Does this program need a referral?

Yes, this psychosocial support program is by referral only. GPs, community service organisations, clinical services, allied health professionals, psychiatrists or psychologists are able to refer.

How do I find out more?

Simply phone **1800 290 666**. Our team are here to answer all your questions.



Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program.

Baptcare

baptcare.org.au/mentalhealth