



Choices Outreach

Program Journey Map

Baptcare



IMPORTANT INFORMATION

- Your Mental Health Practitioner will visit and connect with you in a way you are comfortable with.
- Choices will support you for **up to 13 weeks** depending on your progress needs.
- This journey map will guide you through the forms and planners used in the programme.
- We are **NOT** a Crisis Support Program, for emergency, please Dial 000.
- Mental Health Practitioners are not available 24/7.

HELPLINE DETAILS

For Emergency
000

Mental Health Services
1800 332 388

Lifeline crisis support
13 11 14