

Horizons Fundamentals group sessions

Take charge of your mental health and begin to live the life you choose. Join us for an introduction to managing your mental wellbeing. These sessions are a chance to engage with other people, share and learn from each other, and build strategies, skills and resources in a no pressure environment.

Create a pathway to your mental wellbeing

If you have been diagnosed with a severe and episodic mental health condition and want to take charge of your own recovery – these sessions are for you.

It's your chance to connect with other people and gain knowledge, skills and strategies to manage your mental wellbeing.

To be eligible you need:

- a mental health diagnosis which is considered severe and episodic.
- not to be engaging with another psychosocial support service.
- not to be engaging with NDIS services.
- to reach the LSP-16 minimum score.

If you're unsure about your eligibility – call us today or speak to your health professional.

Who can refer me?

Referrers include:

- Community service workers
- Clinical services
- General practitioners
- Psychiatrists
- Psychologists

Referrals must include a completed referral form (including an LSP-16).

When are the sessions?

Call 1800 290 666

or email myhorizons@baptcare.org.au



Call
1800 290 666
for more
information

Baptcare

baptcare.org.au/mentalhealth

Horizons Fundamentals group sessions

Learn skills and strategies to create a strong foundation for mental wellbeing

The seven sessions are interactive and peer driven. Each session covers a different topic, and looks to equip you with the knowledge, skills and strategies to manage your mental wellbeing.

1 Cuppa and a chat

Have a cuppa, and meet the facilitators and other group members. Get to know the space, gain an overview of the program, create a group agreement and complete some paperwork. This is your opportunity to start your recovery group sessions in a low-key way.

2 What is mental health recovery?

Learn about the nuts and bolts behind your mental health recovery. Together, we look at how it can influence the way we think about our mental health experiences, and how it can help us to reclaim our right to a fulfilling life.

3 Healthy vs unhealthy strategies

Discover how to identify whether your strategies for managing and coping with your mental health issues are healthy or unhealthy.

4 Grounding Exercises

Find out how grounding exercises can be helpful for many situations and mental health experiences. Practice some of these in a safe space and create your own strategy resource.

5 Wellbeing planning

Recognise what keeps you well, how to manage triggers, identify early warning signs and strategies to intervene, and prevent and manage these early warning signs.

6 Goal planning

Learn about identifying and setting goals, and how to break those goals into achievable steps. We look at how working towards goals can contribute to mental health recovery.

7 Where to from here?

At this closing session, meet and discuss how the knowledge, skills and strategies learnt from the previous weeks can be put into practice.



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

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