



Mindset Foundations

Recovery Journey Map

IMPORTANT INFORMATION

- Your Mental Health Practitioner is your main point of contact and will work with you and your Case Manager.
- Peer Support and Family and Friends Peer Support Workers are available.
- This Journey Map and your Goal Plan are your guide throughout this program.
- There are some forms/documents to complete during your journey with us.

Mindset
TAS
Connections



Evidence Based Practice



Skilled and Qualified Staff



Practical supports



Service based on your needs



Regular visits based on your needs



Visits can be at home, in the community or over the phone

Helpline Details

For Emergency **000**
Mental Health Services **1800 332 388**
Lifeline crisis support **13 11 14**

Baptcare