

## Horizons Central

Everyone's mental health journey is different, and Horizons Central works with you based on your individual needs and strengths. We support you to find out what works for you to manage your mental wellbeing and other areas of your life. Horizons Central provides services in major towns, cities, and surrounding areas in Tasmania.

For information on this program or the Mindset Horizons Rural Program, visit [baptcare.org.au/horizons](https://baptcare.org.au/horizons)

# Central



### What does Horizons Central include?



One-on-one support for up to 26 weeks



Outreach, meeting you in your home or in a community setting



Group program options available



Support you to build skills, strategies, and resources



Work on your personal recovery goals based on individual needs and strengths



Focus on intervention and prevention of severe episodes of unwellness



Connection to other services and communities that meet your needs.

### Who can access Horizons?

- People who experience episodes of severe mental ill-health – no formal diagnosis required; eligibility assessment completed on intake.
- People who need short-term intervention support for up to 26 weeks.
- People aged 18+ (no maximum age)
- People who are not accessing state-funded psychosocial services or National Disability Insurance Scheme (NDIS).

### Where is Horizons Central located?

Horizons Central provides services in major towns, cities, and surrounding areas in Tasmania.

### How do I start?

The first step is to get a referral. Have a chat to your GP, psychologist or other service provider and ask them to complete a referral form for you. Referrals should be emailed to [horizons@baptcare.org.au](mailto:horizons@baptcare.org.au) by the referrer.

You can also call Mindset TasConnect on **1800 290 666** for more information on the program and to discuss the referral process or visit [baptcare.org.au/horizons](https://baptcare.org.au/horizons)