

Horizons Rural

Everyone's mental health journey is different, and Horizons Rural 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.

For information on this program or the **Mindset Horizons Metro Program**, visit baptcare.org.au/horizons

Rural



What does Horizons Rural 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 Rural located?

Horizons Rural provides services to rural and remote areas of Tasmania including the East and West Coast, King Island, Flinders Island, Tasman Peninsula, Dorset and Circular Head.

How do I start?

Horizons Rural accepts self-referral. You can call Mindset TasConnect on **1800 290 666** to start the process and our Program Coordinator will get in touch with you for an intake assessment.

You can also 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 by the referrer.