

# WE GET COMPLEX MENTAL HEALTH

SANE offers connection, community and continuity to support people with complex mental health issues and their families and carers.

We want everyone in Australia who is impacted by complex mental health issues to have somewhere to come for support and belonging. You are not alone at SANE!

Severe Anxiety and Anxiety Disorders	Psychosis	
Schizophrenia	Borderline Personality Disorder	Bipolar Disorder
Post Traumatic Stress Disorder	Complex Response to Trauma	Dissociative Identity Disorder
Severe Depression and Depressive Disorders	Intellectual Disability & Mental Health Issue	Obsessive Compulsive Disorder
Eating Disorders	Acquired Brain Injury & Mental Health Issue	Post-natal Psychosis/ Anxiety/ Depression
	Panic Disorder (Panic Attacks)	Autism & Mental Health Issue

# SUPPORT WHEN YOU NEED IT

Our support team is here to provide the support, connection and resources that work for you or someone you care about!

Call us or fill in our online referral form to get started.

 1800 18 7263 (10am-10pm)

 [sane.org/referral](https://sane.org/referral)



SANE Australia

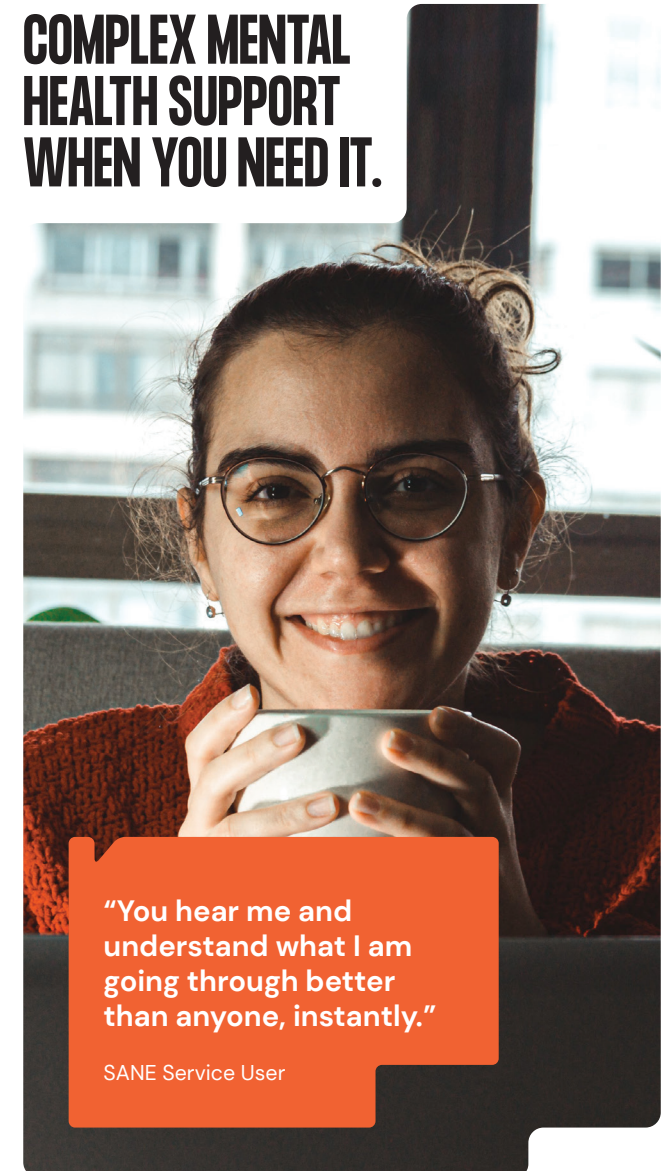
700 Swanston St, Carlton, VIC 3053

 [sane.org](https://sane.org)  [saneservices@sane.org](mailto:saneservices@sane.org)

# SANE

We're people like you.

## COMPLEX MENTAL HEALTH SUPPORT WHEN YOU NEED IT.



**"You hear me and understand what I am going through better than anyone, instantly."**

SANE Service User

# SANE SERVICES

SANE offers a range of free digital and telehealth support services for people in Australia (over the age of 18 years) with complex mental health issues, autism or intellectual disability, and their families and carers.

 **1:1 or group counselling**

 **Peer support**

 **Weekly online groups, covering specific mental health topics**

 **24/7 Community Forums**  
– Lived Experience  
– Family & Carers

 **Social & art groups for creativity and connection**

 **Online tools, blogs, factsheets and stories**

 **Tailored Support Plan using our Guided Service – currently rolling out across Australia**

Our safe and inclusive community of support has been designed and informed by people who have lived experience, in line with the latest clinical evidence.

You can feel comfortable reaching out to us at whatever stage you are at in your journey. We warmly welcome you to join our SANE community.

# GUIDED SERVICE

SANE's new guided service combines our range of digital and telehealth supports, tailored by you to meet your needs and preferences.

In joining this new free service, you will be connected with a dedicated support team of mental health professionals across lived experience and mental health counselling. Together, you will create a flexible and personalised support plan to address your goals.



You can choose a mix of ongoing support that could include counselling, peer support sessions, and groups. You might like to take part in drop-in art groups, or other online social groups. You can choose what works for you and make adjustments as your needs change.

## GUIDANCE & SUPPORT

Our support team is here to provide the support, connection and resources that work for you or someone you care about!



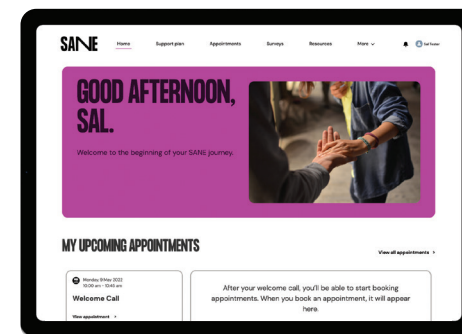
1800 18 7263 (10am–10pm)



[sane.org/referral](https://sane.org/referral)



We work differently – your dedicated support team will check in with you to ensure the program is working for you, and follow up along the way.



You'll also have access to a secure online portal, where all of your goals, appointments, booking tools, and resources will be accessible to you.

Benefits of a tailored support plan:

- improved recovery (mental, physical, and emotional wellbeing)
- increased social connectedness
- improved quality of life
- support while you wait for other mental health services

*Our guided service is currently being rolled out across Australia.*

*To check if you live within an eligible area, visit [sane.org/referral](https://sane.org/referral), scan the QR code below, or call our friendly support team.*