

Testimonials from Members:

"Mind Works Geelong provides me with a place I can feel myself without having to put on a mask"

"There should be one of these services in every city."

"I felt so lost before I found Mind Works."



EXPRESSION WITH PERFORMING ARTS



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HELPING TO MAKE A BRIGHTER TOMORROW

Balance Your Mental Health

Be it spoken word, poetry or anything that would help you get out of your skin, but feel good about it. "Performing in front of people, or even speaking even in a small group, is the best anti-anxiety medication you can get."

Adam (member of SIMMA and the band Bipolar Bears)

Our program is a venue to express yourself openly with in a guiding and nurturing environment. Whether it be playing music, singing, playing an instrument, acting or reading poetry. The group is primarily focused on engaging with all at whatever level you desire, mistakes are encouraged and a great way to learn and challenge yourself.

This is Your Recovery

Based on sound Recovery principles Mind Works (Formally the Geelong Mood Support Group) has for over twenty years been an integral part of promoting and supporting good mental health practices in the Geelong region. We believe social activity combined with practical support, knowledge and understanding are critical in a person's recovery. Whether you have a priority for social connection or specific mental health education Mind Works can cater to your needs.



Mental health professionals and experienced peer workers can assist you to understand, manage and move on with your life.

Adam is a principal member of SIMMA and has experience of poor mental health. He has learnt excellent recovery and coping skills and would like to share his knowledge to increase the wellness of others.

Activities start at 1pm on Thursdays where you will interact with other people who are keen to put their feet on a stage and express themselves.

Please ring us 10am to 5pm Mon - Fri to discuss your needs.