



**HELPING TO MAKE A  
BRIGHTER TOMORROW**

# The Geelong Mood Support Group - trading as Mind Works Geelong - is a mutual support and self-help consumer based organisation which aims to promote well-being and to inform and educate those with mental health conditions, their carers and the public.

## The aims of Mind Works are to:

- Provide for those who have personal experience of a mental health condition, either directly, or through their family or friends, an empathetic group that promotes self-help and mutual support.
- Alleviate the suffering and to promote the well-being of those people who have a mental health condition, and their family and friends.
- Encourage awareness and understanding in the community of the financial, social, and mental health difficulties encountered by people who experience poor mental health and by their carers.
- Participate in activities with other organisations and groups with the same or similar objectives.

## Vision statement:

For timely, effective and compassionate support to people whose lives are affected by a mental health conditions so they can lead happy, fulfilling and hopeful lives.

## Mission statement:

To provide support to individuals and families living with a mental health condition so they can reach their full potential in their community and to educate their friends and the general community on issues faced by someone with an illness.

## In order to achieve these aims we offer support through:

- Individual support
- Literature
- Newsletters
- Education and Information Programs

- Advocacy
- Group support
- Referral
- Social groups and activities
- Creative workshops
- Drop-In centre

## Education and information

Mind Works supports the ideal of self-help for people with a mental illness. To this end we provide members with updated information about affective disorders retrieved from around the world including appropriate journals. We also provide people who have recently discovered they have an affective disorder with general information about their condition, and assist them, through education and information, toward acceptance, understanding and management of their illness.

## Referral

Ongoing support, guidance and referral is available to all members. We liaise with other organisations within the Barwon region to ensure the best outcome for our members.

## Group support

A range of activities are available for participants to develop individual skills, knowledge, social skills, mental health awareness, self acceptance, friendships and healthy life choices.

## Counselling/psychotherapy

We offer brief crisis counselling to members. This may involve initial contact counselling for the purposes of a new member struggling to accept their diagnosis. On-going therapy is offered privately, at a discounted rate to members.



**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."*

## Pre-planning for NDIS

In consultation with a peer worker and our Mind Works coordinator we can make individualised recovery maps for our members. This process helps members identify their needs and wants and set them on a path to a better lifestyle.

## Social groups

Social groups help to promote cohesiveness and togetherness for the members. This in turn promotes the mutual support, which is so important for recovery.

## Support groups

We operate several support groups.

These include:

- Support meetings where a speaker will attend and discuss a particular issue with members (this may include employment, education etc.)
- Specialist groups discuss mental health conditions in a confidential and empathic environment.
- Luncheons where members and carers get together to offer and receive mutual support in a relaxed, non-structured and informal environment.

## Activities Mind Works offer:

- Tennis
- Walking Group
- Performing Arts Group
- Computer classes
- Art Portfolio Group
- Excursions
- A.B.C. Program
- Mosaics and Pottery
- Luncheons & Games
- Clusterers Bike Ride
- Exercise program
- Coffee/Drinks

## Creative workshops

The creative workshops (arts, craft, clay etc...) aim to assist members in the exploration of their own creativity and innovativeness. This involves not only learning to make different things, but also provides the opportunity for members to share their creative outlets with

others and instruct others in their areas of creative expertise. One relatively new area of creativity being explored is music, and to this end we have recently acquired an assortment of musical instruments.

## Relaxation/meditation

We introduce a number of relaxation styles and techniques (through guest speakers) to allow members to explore their own preferred way of coping.

## Real life advocacy

Our peer workers at Mind Works offers real life advocacy for members. This may involve attending Court or medical appointments with members.

## Library

Our library has an impressive supply of books, tapes and videos. Subjects range from information on affective disorders to personal growth. Most of the books and tapes are available for members to borrow at no cost (\$5.00 deposit).

## Volunteer training

Members of Mind Works are encouraged to work on a volunteer basis at the centre. This involves talking with new or potential members, manning the drop-in centre, and assisting with office duties. Where necessary, the volunteers are given training to assist them with their duties.

In addition to duties in the drop-in centre, volunteers may also be offered a role as a real life advocate. The volunteers receive training prior to their participation, and on-going feedback. This particular volunteer activity has been extremely beneficial to members, increasing their confidence and self-esteem, and honing their public speaking abilities.



*"Of course, you don't have to be a manic-depressive to be a creative genius but it's astonishing how many were:*

- Composers like Schumann, Chopin, Tchaikowsky...*
- Writers like Tolstoy, Tennyson, Fitzgerald, Hemmingway, Woolf...*
- Leaders like Churchill, Cromwell, Lincoln, Luther..."*

From *Playing with Madness*



## **Community support centre**

The Community support centre is open from 10:00am to 4:00pm every day excluding weekends and public holidays. The drop-in centre is manned by volunteers, and members have the opportunity to pop in, have a cuppa and a chat whenever they wish to.

## **In addition to services to members, Mind Works also services the general community with:**

### **Community Education Program**

Mind Works can conduct presentations for other community groups on mental health conditions and on the functions and activities of the support group.

### **Media awareness**

We give radio and media interviews about mental illness generally, affective disorders and the functions and activities of the support group in particular. We also advertise regularly in local papers as to upcoming meetings and events.

### **Employer/employee education**

We offer presentations on mental illness to businesses within the Geelong and District region.

### **Newsletter**

We issue a quarterly newsletter. Its content and production relies on the assistance of group members and is distributed to all members, other community organisations and the medical community.

## **Extended support**

As a "one of a kind" group for people with mental health conditions, Mind Works is often approached by individuals and groups from other regions around Victoria, and interstate. We provide what assistance we can in the form of information and support wherever possible.

## **Internet**

Mind Works has its own website. Its purpose is to:

- Better liaise with other community groups.
- Offer more information and support to members and others with mental health conditions.
- Increase availability of information on mental illness throughout the community.
- Keep members informed of activities at the drop-in centre.

## **Research**

Mind Works supports research into mental illness generally, and affective disorders in particular. We provide information to students conducting research or seeking information on community support groups.

## **How is the Mind Works funded?**

Mind Works is funded through the Victorian Department of Health, the NDIS, supported by donations from United Way and local service groups.

## **How to become a member?**

Membership is open to anyone who has been diagnosed with a mental health condition i.e. depression, bipolar and other affective disorders, their family and friends.

The annual membership fee is \$50.00

For further enquiries please refer to the contact details on the back cover of this brochure.





**For more details contact:**

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**Office Hours:**

10 am to 4 pm - Monday to Friday  
(Excluding public holidays)