

# Recovery and Discovery Centre

Community's Mental Health Service Hub provides integrated clinical and non-clinical services for people living with severe and complex mental illness. We provide a range of services and supports including:

- **Psychosocial Support** – Our Social Workers and Mental Health Support Workers provide a range of non-clinical, community based support services. These supports can be individual or within a group and use a trauma-informed, recovery orientated approach to support goal-setting and working towards independence.
- **Psychological Therapies** – Access to a range of specialist health and wellbeing programs, alcohol and other drugs recovery, and programs tailored to specific mental health concerns and wellbeing goals.
- **Mental Health Nursing (Clinical Care Coordination)** – Mental Health Nurses liaise effectively with a range of health care providers, provide information and education on mental health maintenance and restoration and can support to coordinate both physical and mental health care needs.

recovery  
+ discovery  
centre

BRISBANE  
YOUTH  
SERVICE  
NEW FUTURES FOR YOUNG PEOPLE

tph  
Toowong Private Hospital

wesley  
mission  
QUEENSLAND

eating disorders  
qld.

openminds



Supported by  
**phn**  
BRISBANE NORTH  
An Australian Government Initiative

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This activity is supported by funding from the Australian Government under the PHN Program.

A partnership between Community, Toowong Private Hospital and Brisbane Youth Service with additional services and support provided by Open Minds, Eating Disorders Queensland and Wesley Mission.

Community pays its respects to the traditional custodians across the lands in which we work, and we acknowledge the elders past, present and emerging.

Community is committed to being an inclusive organisation. We recognise that we work across diverse communities and welcome and encourage participants from all backgrounds and experiences. We strive to embrace the diversity of people from all ages and genders, Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse groups, the LGBTIQ+ community, people seeking asylum, refugees and people living with a disability.

Your Mental  
Health Service Hub  
for Inner and  
West Brisbane



## ■ Eligibility

The Recovery and Discovery Centre program is designed to work for a broad range of people but is especially designed to suit people who aren't receiving mental health supports elsewhere.

We welcome a conversation to see if what we offer might be right for you. The program is for people who are:

- 18 years or over
- Have a diagnosable severe and complex mental illness (episodic or persistent)
- Experiencing significant challenges with daily life, wellbeing and functioning.

## ■ How we can support you

We work alongside you to design a recovery plan to meet your personal goals. This may include one on one support or group activities that can help you understand and manage your mental illness and improve your health and wellbeing. We also can provide assistance to access other services, help you to get you back to work or undertake training/volunteering and we can work with you to create pathways to reconnecting with old friends or developing new friendships. It's all about supporting you to **live your best life**.

If you are an NDIS participant talk to us as you may be eligible for some Communitfy services.

## ■ How much will it cost?

The Mental Health Hub program is **FREE** for most people.

Some activities may have a small out of pocket cost. For example, an art therapy group might have a small cost for art materials.

## ■ How to refer to the Recovery and Discovery Centre

Anyone can refer to us. You can talk to us to find out if our program is right for you or for someone you're looking to help. We accept self-referrals as well as referrals from GPs, family, carers and health professionals. Communitfy supports inclusion and diversity. We encourage referrals from people who are Aboriginal or Torres Strait Islander, identify as LGBTIQ+, are culturally diverse, are refugees or asylum seekers.

Referrals can be by email, fax or by phoning us directly.

We provide support to people who live in the Royal Brisbane and Women's catchment which is the inner city and inner west of Brisbane. People who live outside of this catchment can find out about services in their local area by calling My Mental Health Service Navigation on 1800 752 235.

## ■ About Communitfy

Communitfy offers support to people experiencing challenges relating to ageing, disability, mental health, child safety, parenting, financial hardship, food security, addiction and homelessness.

We also provide childcare, housing, support for people seeking asylum, community engagement and participation and access to community spaces.

**07 3510 2700**  
**communitfy.org.au**



Supporting our community on all sides