WE GET COMPLEX MENTAL HEALTH

Struggling with life or work? Feeling alone? Have a question? Or just want someone to talk to? You can reach out to SANE for support.

SANE’s safe and inclusive community of support has been designed and informed by people with lived experience – people like you.

SUPPORTS THAT WORK FOR YOU

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

Visit our website or reach out to our friendly support team today.

- sane.org (includes webchat)
- getsupport@sane.org
- 1800 187 263 (10am–10pm AEST, Mon to Fri)

SANE FREE COMPLEX MENTAL HEALTH SUPPORT

COUNSELLING | COMMUNITY | RESOURCES

“I felt listened to and heard... SANE counselling is a safe space for me to share what I am thinking and feeling.”

Connect with us

@saneaustralia

WE GET COMPLEX MENTAL HEALTH

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

SANE offers a range of FREE digital and telehealth support services for people over 18 years of age with complex mental health issues and their families and carers. This includes people with co–occurring issues such as autism or intellectual disability.

- **Counselling**
- **Peer support**
- **Weekly online groups discussing specific mental health topics**
- **24/7 community forums**
  - lived experience
  - family & carers
- **Social and 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 drop–in services do not require a referral and are open to all Australians impacted by complex mental health issues, regardless of personal circumstances, medical history, or existing support arrangements.

We warmly welcome you to join our SANE community.

NEW GUIDED SERVICE

SANE’s new guided service combines our range of digital and telehealth supports in a tailored support plan to meet your specific needs and goals.

Personalisation, flexibility, and continuity of support are core elements of the new service.

On introduction to the service, you will be connected with a dedicated support team of mental health professionals across lived experience and counselling. Your team will take the time to listen and understand your needs and preferences, and work with you to create a flexible and personalised support plan that prioritises your wellbeing and assists you in reaching your goals.

You can choose a mix of ongoing supports that work for you now and make adjustments as your needs change.

We work differently! Your dedicated support team will check in 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 you will find your goals, appointments, booking tools, and resources.

Benefits of a tailored support plan:
- improved recovery (mental, physical, and emotional wellbeing)
- increased social connectedness
- improved quality of life
- quick access to mental health support.

Our guided service is currently being rolled out across Australia. To check if you live within an eligible area, visit sane.org/referral, scan the QR code below, or call our friendly support team.

SANE received funding from the Australian Government to develop and deliver the guided service.

Guidance & Support

**DROP – IN SERVICES**
- sane.org
- getsupport@sane.org
- 1800 187 263 (10am–10pm AEST, Mon to Fri)

**TAILORED SUPPORT PLAN**
- sane.org/referral
- referral@sane.org
- 1800 187 263 (10am–10pm AEST, Mon to Fri)