

Mindset Choices

Mindset Choices is a Mental Health support program provided by Baptcare.

Who can use Mindset Choices?

You can use Choices if you are aged 18 to 65 years, have severe and persistent mental illness and have been in hospital or respite.

You can be referred to Mindset Choices by your Department of Health and Human Services Social Worker, your MHS Case Manager or your RHH Social Worker

Baptcare is a not for profit community organisation, which helps to support people living in the community.

If you would like to use Mindset Choices or to find out more speak to your health care team or social worker who will contact our Mindset Choices Mental Health Practitioner.

Open Monday to Friday, 9.00am–5.00pm, for general enquiries call:

Moonah Office – Southern Region
4/95 Albert Road,
Moonah, TAS 7009
Phone: 03 6212 9800

Email: tasfamilyservices@baptcare.org.au
baptcare.org.au/tasmanian-services

Baptcare provides interpreters upon request
如有需要, Baptcare 可以为您提供翻译员
Khi quý vị yêu cầu, Baptcare sẽ cung cấp thông dịch viên
توفر منظمة بابتكير Baptcare مترجمين عند الطلب



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Mindset
TAS
Choices

**Mental health support
and emergency accommodation**



Call
1800 290 666
for more
information

Baptcare

baptcare.org.au/choices

Baptcare recognises the support of the Tasmanian Government.



What is Mindset Choices?

Choices is a short-term mental health program that supports you to move safely from hospital back to the community.

The Choices Mental Health Practitioner is available to chat, listen to you, and work with you to achieve your goals so you can be in control of your life.

Our focus is on you, so we can talk things through at a pace that suits you.

Mindset Choices is about working with you, supporting your decisions.

What can you expect from Mindset Choices?

Your Mindset Choices Mental Health Practitioner works with you and your Mental Health Services Case Manager. Working together means that you have the support you need while you work towards your goals.

Things Choices can help you with include:

- Emergency accommodation
- Health visits or medical appointments;
- Helping you organise your return home or access suitable housing;
- Financial arrangements;

- Transport from the hospital to your home;
- Support with Centrelink arrangements;
- Connection to family and friends;
- Connection to social activities in your community;
- Going back to work or getting a job;
- Access or maintain education;
- Linking you to other information.

Mindset Choices can support you from hospital to home. If you have friends, family or carers supporting you and would like them to be involved let us know.