



Supporting people with
mental illness, intellectual disability
or acquired brain injury to live
independently and well
within the community

Quality

Expertise

Effectiveness

Accountability

Meet Open Minds

If you have a mental illness, acquired brain injury or intellectual disability you are no different to anyone else – you want to get the most out of life, every day and in your own way.

At Open Minds we offer a range of services focused on the individual needs of each person we support. We offer lifestyle and residential support programs, planning and mentoring support and we help people find a job that's right for them.

At the heart of what we do is a commitment to working alongside individuals and focusing on their strengths to enable individual achievement and recovery. This principle guides our staff to embrace the standards and support services they'd expect for themselves. We believe our clients deserve the very best in support and we take very seriously our responsibility to deliver.

Our 150-plus staff support hundreds of people throughout Brisbane and south-east Queensland. Based in Woolloongabba, we are a not-for-profit and charitable organisation and we have been part of the community since 1912. With almost a century of experience and recognition we like to think we know a thing or two about supporting individuals, families and the community with the highest quality services.



What we do

LIFESTYLE SUPPORT

Mental illness isn't unusual – but that doesn't make it less daunting. Our Lifestyle Support Service is all about supporting individual recovery. We specialise in providing psychosocial and life skills rehabilitation and accommodation support, as well as opportunities for participation in community and social activities.

Our staff offer a flexible, creative and responsive approach, recognising individual achievements big and small. Many of our clients have worked with us to achieve personal goals such as gaining employment, completing further training and education, finding a better home and making positive lifestyle choices.

RESIDENTIAL SUPPORT

Our Residential Support Service offers around-the-clock support for men and women with high or complex needs to live in their own homes or within shared group homes.

We support individuals to look after themselves and their homes and to identify and achieve what is important to them. Our Residential Support Service promotes personal development, good health and family and community connections.



What we do

PLANNING SUPPORT

Our Lifelong Planning Support Program is based in Redlands and supports individuals and families to understand and manage disability in their lives, particularly where children are involved. We often assist when people are facing major challenges or change in their lives, such as leaving school, moving out of home, losing a parent or when there is a diagnosis of mental illness or disability.

We support individuals and families to gain information about and access to other services they may need, such as advocacy, counselling and carer or sibling support.

PERSONAL HELPERS & MENTORS PROGRAM

Our Personal Helpers & Mentors Program (PHaMs) is a service with a passion and commitment to supporting people with a mental illness towards recovery. Our staff work alongside individuals on a daily basis, offering support to access the services they need, gain more independence and make or renew connections with local community, friends or family. We assist participants to identify personal goals, advocate on their behalf and help navigate the web of health, community and employment services.

In this program our clients benefit from working with someone who understands recovery is truly possible.

Our support staff work with individuals at their own pace, focus on individual strengths and concentrate on the things that matter most to each person they work with.



What we do

ACQUIRED BRAIN INJURY SUPPORT SERVICE

Brain injury can occur for anyone at any time, often with profound and life-changing consequences for individuals and their families.

We know how hard this can be and our role is to support people to understand their injuries and to work with and alongside them in practical ways towards rehabilitation. Our Acquired Brain Injury Support Service focuses on providing the necessary lifestyle support for people to regain their independence in the comfort and familiarity of their own homes and communities. We help individuals develop the skills to meet the challenges they may face as they adjust post-injury and work through their rehabilitation.

THE 'DO IT' CLUB

Life is for living, and that is what our client-led 'Do It' Club is all about. A team of enthusiastic participants in our services and programs volunteer their time each week to plan and organise social events, activities, camps and day trips for our clients to enjoy. Our 'Do It' Club is a popular social hub which offers both group and individual activities that bring clients together, build social skills, promote recreation and get everyone enjoying the fun things in life.



What we do

EMPLOYMENT SERVICES

We know how important it is to have a job. At Open Minds our employment consultants assist individuals to gain and sustain the type of work that's right for them. We know that having a mental illness, disability or brain injury can pose additional challenges in finding and keeping a job. Our staff offer all kinds of support tailored to each person's needs, which can include being part of our Job (search) Club, resume preparation for interviews or gaining additional training and qualifications.

We also know that while full-time work is right for some people, for others one or a few days work a week is a better fit. We listen carefully to our clients and help them build a plan to get working. We help our clients get job ready, and if our clients want us to we will work with employers to create supportive workplaces in which our clients can be a success. We also help our clients to focus on and promote their strengths at work and offer ongoing workplace supports to both individuals and employers where needed.



What else can we tell you?

Open Minds invites you to call, email or visit our website or office to find out more about our services and how we can support you, a member of your family or a friend.

p: 07 3896 4222

e: openminds@openminds.org.au

f: 07 3896 4200

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people supporting people