

SANE

We're people like you.

SANE's new guided service provides FREE tailored digital and telehealth support for people over 18 years of age with complex mental health issues and their families and carers.



WE GET COMPLEX MENTAL HEALTH

Our safe and inclusive community of support has been designed and informed by people who have lived experience, in line with the latest clinical evidence.

You can feel comfortable reaching out to us at whatever stage you are at in your journey.

We warmly welcome you to join our SANE community!

PERSONALISATION, FLEXIBILITY AND CONTINUITY OF SUPPORT ARE CORE ELEMENTS OF OUR NEW GUIDED SERVICE

In joining this new free service, you will be connected with a dedicated support team of mental health professionals across lived experience and counselling. Together, you will create a flexible and tailored support plan to address your goals.

You can choose a mix of ongoing support that could include counselling, peer support sessions, social or art groups, or online discussion groups. You can choose what works for you and make adjustments as your needs change.

We work differently – your dedicated support team will check in with you 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 all of your goals, appointments, booking tools, and resources will be accessible to you.

SUPPORTS TAILORED TO YOUR NEEDS AND PREFERENCES

-  1:1 or group 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

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

DROP-IN SERVICES



sane.org



getsupport@sane.org



1800 187 263

(10am–10pm Mon to Fri)

TAILORED SUPPORT PLAN



sane.org/referral



referral@sane.org



1800 187 263

(10am–10pm Mon to Fri)

