

Who is the Wellways to Recovery program for?

Wellways to Recovery is for Tasmanians living across the state who are:

- over the age of 16
- experiencing mental health challenges

What does the program cost?

Wellways to Recovery is a free support service funded by the Tasmanian Government.

About Wellways

Wellways Australia is a leading not-for-profit mental health and community services organisation dedicated to ensuring all Australians lead active and fulfilling lives in their community. We work with people with mental health challenges, people living with disability, carers, those requiring community care and others facing disadvantage to help them create the life they want to live.



1300 111 500

mental health information,
support and referral advice
Monday to Friday 9am - 9pm
(excluding public holidays)

wellways

Wellways Australia Limited
ABN 93 093 357 165
QLD / NSW / ACT / VIC / TAS
wellways.org | 1300 111 400

SUPPORTED BY



Tasmanian
Government

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funded by the Tasmanian
Government.



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.

Wellways to Recovery



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What is Wellways to Recovery?

Wellways to Recovery is a community-based support program for individuals with mental health issues. The program helps you to identify personal recovery goals and assists you to develop the knowledge, skills and strategies to improve your health and wellbeing.

We can help you with:

- Building trust and hope
- Improving self esteem
- Developing strategies for managing mental health
- Improving social connections and networks
- Achieving physical health and wellbeing
- Managing daily living activities
- Building and maintaining healthy relationships
- Education, training and return to employment

The program is offered state-wide across Tasmania, and you can access the program for up to two years if needed.

It is our hope that you exit the program with the confidence and skills needed to live a happy and independent life.



Referral pathway

To access the Wellways to Recovery program you must be referred through a GP or mental health professional.

If you, or someone you care about wishes to access Wellways to Recovery, please speak with your current care provider or GP who can complete a referral on your behalf.

Alternatively, you can contact your closest Wellways office for more information.

Hobart

136 Davey Street, Hobart
03 6169 0600

Launceston

6-18 George Street, Launceston
03 6333 3111

Burnie

40 Mount Street, Burnie
03 6419 7010

You can also email us and ask about the service at tasmania@wellways.org