

...needs a multi-faceted approach



It's not just about delivering support, but delivering support that meets your needs.

SINCE 1992, On Track has developed a range of support programs which have assisted individuals to achieve their personal goals.

On Track is committed to working with families, carers, GPs and other service providers to meet the needs of each consumer. Our aim is to increase the opportunity for each person to participate more widely within their community.

We have more than 20 years experience providing rehabilitation programs and supported accommodation, while daily living skills programs have been provided across the northern NSW region for more than 10 years. All services are focused on recovery, promote and rely on consumer involvement and focus on an individual's abilities and strengths.

What does the On Track Mental Health Service offer?

The mental health programs provided by On Track offer consumers access to support through:

- residential rehabilitation
- supported accommodation
- Housing Accommodation Support Initiative
- crisis accommodation
- respite
- recovery and resource programs
- D2DL (Day to Day Living Program)
- pre-vocational training
- assistance to gain paid employment
- social and recreational activities
- NKC (Northern Kids Care)

Note: Not all programs listed above are available at Coffs Harbour and Lismore.

For more information contact us during business hours:
Monday to Friday 8.30am to 4.30pm

Who can take advantage of the mental health services offered through On Track?

If you believe you could benefit from inclusion in any of On Track Mental Health programs contact your case worker, GP, or community service provider. The On Track Mental Health Service is one of a number of community-support services offered by our organisation. For more information about services available in your area, visit our Website: www.ontrack.ngo.org.au or contact:

Tweed/Byron

- Tweed Heads (07) 5524 9732
- Mullumbimby (02) 6684 1765

Lismore/Ballina

- Lismore (02) 6622 0309
- Ballina (02) 6686 2033

Coffs/Clarence

- Coffs Harbour (02) 6651 1246



A multi-faceted illness...



Targeted support—where it's needed most

At On Track we realise mental illness affects more than just the individual which is why we provide a range of programs to support families and carers as well.

These supports include respite to consumers and carers, support to children of parents with a mental illness and community-based support groups for carers.

Our commitment is to provide quality mental health services which support people on their journey to recovery — acknowledging each journey is as unique as the individual.

On Track's mental health programs work to ensure individuals experience optimum quality of life by providing:

- opportunities for exercising choice and decision making
- access to lifestyle and experience commensurate with other people in the community
- access to appropriate skills, training or support in improving or maintaining communication skills
- access to appropriate support services in their local communities
- support to develop and maintain money and budgeting skills
- assistance to plan and access recreational, educational and vocational programs.

On Track mental health programs are funded by: NSW Health, Department of Health and Ageing, FaHCSIA, Registered Clubs of NSW and Rotary.

For more information about On Track Community Programs phone (07) 5524 9732 or visit our website: ontrack.ngo.org.au



On Track Community Programs
Connecting people to their communities



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