

# WE GET COMPLEX MENTAL HEALTH

Struggling with life or work? Feeling alone? Have a question? Or just want someone to talk to? You can reach out to SANE for support.

SANE's safe and inclusive community of support has been designed and informed by people with lived experience – people like you.

Schizophrenia	Bipolar Disorder	
Psychosis	Severe Anxiety and Anxiety Disorders	Borderline Personality Disorder
Dissociative Identity Disorder	Post-Traumatic Stress Disorder (PTSD)	Panic Disorder (Panic Attacks)
Complex Response to Trauma	Obsessive Compulsive Disorder (OCD)	Severe Depression or Depressive Disorders
Post-natal Psychosis, Anxiety or Depression	Eating Disorders	Acquired Brain Injury and Mental Health Issue
	Intellectual Disability and Mental Health Issue	Autism and Mental Health Issue


# SUPPORTS THAT WORK FOR YOU

Our team is here to provide the support, community and resources that work for you or someone you care for!

Visit our website or reach out to our friendly support team today.

 [sane.org](https://sane.org) (includes webchat)

 [getsupport@sane.org](mailto:getsupport@sane.org)

 1800 187 263  
(10am–10pm AEST, Mon to Fri)



Connect with us



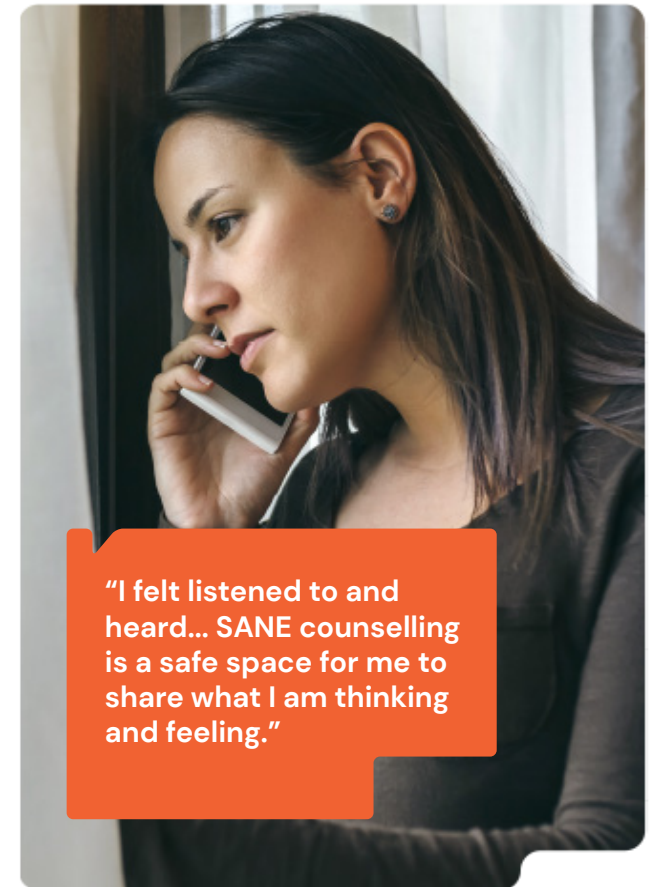
@saneaustalia

# SANE

We're people like you.

## FREE COMPLEX MENTAL HEALTH SUPPORT

COUNSELLING | COMMUNITY | RESOURCES



"I felt listened to and heard... SANE counselling is a safe space for me to share what I am thinking and feeling."

# SANE SERVICES

SANE offers a range of FREE digital and telehealth support services for people over 18 years of age with complex mental health issues and their families and carers. This includes people with co-occurring issues such as autism or intellectual disability.



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

Our safe and inclusive drop-in services do not require a referral and are open to all Australians impacted by complex mental health issues, regardless of personal circumstances, medical history, or existing support arrangements.

We warmly welcome you to join our SANE community.

# NEW GUIDED SERVICE

SANE's new guided service combines our range of digital and telehealth supports in a tailored support plan to meet your specific needs and goals.

Personalisation, flexibility, and continuity of support are core elements of the new service.

On introduction to the service, you will be connected with a dedicated support team of mental health professionals across lived experience and counselling. Your team will take the time to listen and understand your needs and preferences, and work with you to create a flexible and personalised support plan that prioritises your wellbeing and assists you in reaching your goals.



You can choose a mix of ongoing supports that work for you now and make adjustments as your needs change.

## GUIDANCE & SUPPORT

### DROP - IN SERVICES



sane.org



getsupport@sane.org



1800 187 263  
(10am-10pm AEST, Mon to Fri)

### TAILORED SUPPORT PLAN



sane.org/referral



referral@sane.org

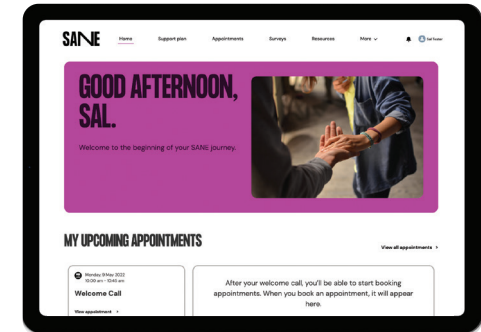


1800 187 263  
(10am-10pm AEST, Mon to Fri)



We work differently! Your dedicated support team will check in 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 you will find your goals, appointments, booking tools, and resources.



Benefits of a tailored support plan:

- improved recovery (mental, physical, and emotional wellbeing)
- increased social connectedness
- improved quality of life
- quick access to mental health support.

Our guided service is currently being rolled out across Australia. To check if you live within an eligible area, visit [sane.org/referral](https://sane.org/referral), scan the QR code below, or call our friendly support team.

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