

Supporting recovery from mental illness
Breaking the cycle of homelessness

Building Family Skills Together (Mind)

An Australian Government Initiative

About Mind

Mind is one of Australia's largest non-clinical, not-for-profit providers of non clinical mental health services. With more than 60 programs across Victoria and South Australia, Mind provides services to more than 2,000 people each year. Mind also assists people who are experiencing or at risk of homelessness.

Mind values carers and family members as important partners in the recovery journey.

The journey people take to reclaim their lives when they have a mental illness or are homeless is very personal. Mind's role is to encourage individuals to develop their own solutions to help them to take control of their lives, foster self-belief and form community connections.

About Building Family Skills Together (Mind)

Building Family Skills Together (BFST) (Mind) is a family service supporting the recovery of people experiencing mental health difficulties.

BFST (Mind) is an exciting initiative of Mind, provided in collaboration with The Bouverie Centre, and North West Area Mental Health Service.

The program supports the relationship between people with mental illness and their families. We do this by meeting with the family to help them share information about the illness, improve communication skills, and develop ways to manage difficulties when they arise. The aim is to improve family relationships, reduce stress, support recovery, and deal with day to day challenges.

How to access the program

Families who live in the City of Hume or Moreland who have an adult family member who experiences mental health difficulties can access the program.

Referrals can be made by medical practitioners, mental health services, clinics, workers, families or clients. After the referral is received, a meeting is arranged between the Family Workers and the family. If the family needs an interpreter this can be arranged.

Once contact has been made, a family worker usually meets with families in their homes.

Further information

Please contact a Family Worker at Building Family Skills Together (Mind) between the hours of 9am-5pm Monday to Friday on ph 03 9384 6544 or email bfst@mindaustralia.org.au
732A Sydney Road, Brunswick VIC 3056

