Housing and accommodation support for people with mental illness

Summary

- Community rehabilitation centres can help find you somewhere to live. You can contact a centre directly or ask your healthcare team to do it for you.
- The Doorway program helps people who are homeless, or at risk of becoming homeless, to find safe and stable housing, and to find a job.
- There are services that will give you support at home while you recover from and learn to manage your mental illness. Talk to your local doctor or your local council and ask them to put you in touch with the services that will best support you.
- Home and Community Care (HACC) services can support older people to continue to live independently in their own home.

Like any other chronic condition, mental illness might affect your ability to manage aspects of everyday life, such as finding a place to live and maintaining it. People who have a serious mental illness or more than one condition (a 'dual diagnosis') are more at risk of experiencing homelessness. Homelessness means you are not living in a safe and stable place. If you have a mental illness and are homeless or at risk of becoming homeless, there are residential services available to help you find short- and long-term accommodation.

Choose the right housing and accommodation service for you

There are several services that help people with mental illness to get back on their feet while recovering, or find a place to live that supports their needs.

Community rehabilitation centres

Community rehabilitation centres are a short-term option to help you get back on your feet after a stay in hospital or to help you to live independently at home. You can stay at a rehabilitation centre or in your own home, if appropriate.

Residential services

There are different types of supported residential services in Victoria delivered by non-government agencies.

For example, Mind Australia provides four types of supported residential services in Victoria.

Housing programs

Doorway is Wellway's housing program for people with serious mental illness who are homeless or at risk of homelessness. It can help you with your recovery, and help you focus on getting a safe and stable home and job.

A housing and recovery worker will support you to:

- find (and keep) suitable, affordable housing in the private rental market
- pay your rent independently
- manage your mental illness and plan for the future, including finding a job
- make connections and get involved in your local community.

Call the Mental Illness Fellowship on (03) 8486 4222 to talk to a trained volunteer (Monday to Friday, 9 am – 5 pm).

Support at home

To find what services are available in your area that will help you with extra support at home, you can contact:

betterhealth.vic.gov.au
• the Neighbourhood Houses Victoria
• the Department of Health and Human Services
• your local council
• your GP (doctor)
• your counsellor or case manager.

Extra support for older Victorians

If you are:
• over 65 years old visit MyAgedCare to find services to help you
• over 50 and identify as Aboriginal or Torres Strait Islander you can also find government-funded aged care services available for you.

If you are under 65 years old, Home and Community Care for Younger People (HACC PYP) provides services to support younger people with disabilities, and their carers.

Where to get help

• Your doctor
• Your case manager
• Your counsellor or therapist
• Mind Australia, call 1300 550 265
• My Aged Care, 1800 200 422

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