

Community
Access
Mental
Health
Alliance

offers assistance and support for people managing mental illness in their lives. CAMHA aims to nurture the road to recovery and good health.

how to apply

You, your family, your doctor or other health service provider is invited to contact us to discuss the referral process.

for further information contact (03) 5967 2816

camha known locally as 'the purple church'

street address:

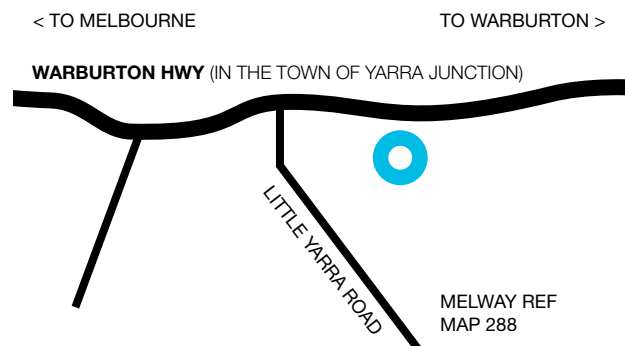
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mailing address:

po box 542 yarra junction 3797

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camha@each.com.au



eastern access community health
partners in building healthy communities

main office

46 warrandyte road ringwood 3134 vic

t 03 9871 1800 **f** 03 9870 4688

info@each.com.au **each.com.au**

camha

a community support service for
people with mental health issues
who live in the shire of yarra ranges



camha prioritises

- social connectedness
- relapse prevention
- skill development
- community inclusion

in a friendly, safe and supportive environment

who can be part of the camha service?

People who have psychiatric or mental health issues, who are aged 16 to 65 and who live in the Shire of Yarra Ranges are encouraged to discuss their participation in the program.



what is offered at camha?

- Individual support to assist people in achieving their personal goals and maximum potential for improved mental health;
- Group programs and activities to enhance recreational, social and skill-based opportunities;
- Support in linking into community house programs and training or obtaining skills and qualifications; and
- Social drop-in, offering a chance to meet other people, make friends, connect and share social time together.

activities

Group activities may include:

- Strength-Based Training / Fitness
- Art and Craft
- Jewellery and Beading
- Outings
- Gardening
- Men's and Women's Groups
- Drama
- Computers and Internet Use

At CAMHA, participants take an active role in choosing and planning activities, and making full use of the facilities and opportunities available in the wider community.