

## Optimal Health Program

**Do you want to improve your health and well being ?  
Our Optimal Health Program maybe just what you are  
looking for.!**

Our Optimal Health Program is an eight-week healthy lifestyle program that assists learners to take control of old behaviours and improve their physical, emotional and mental well-being. Throughout the program learners will develop skills to be able to recognise stress and other factors that may affect their health, and learn coping strategies that can help.

### **Optimal Health Program includes:**

- The ICanDo Model
- Perceptions of Health
- My Active Health Plan
- The LiveWell Wheel
- My Network Plan

**Bookings are essential as places are strictly limited.**

<b>Date:</b>	<b>Come along and learn all about it Friday 28th of July 2017 <i>Running Fridays</i></b>
<b>Time:</b>	12:30pm—3:30pm
<b>Location:</b>	Portland Library
<b>RSVP:</b>	To gain further details please call 5560 3000 or mvandenberg@wellways.org <i>to be added to the mailing list</i>

## About us

Wellways supports thousands of people affected by mental illness each year to bring about positive change and build good lives in their communities. We offer:

- Support from people who have been there
- Flexible programs to suit you
- Services based on what works

We have been working with individuals and families who are affected by mental illness since 1978.

## Support for individuals

Everybody can build a life that is not defined by the experience of mental illness. Our creative programs are your path to a new start.

We offer a unique blend of programs – delivered by professionals and people with an experience of mental illness and recovery – that are based on evidence.

- Our **recovery** programs can support you to live well with your mental illness, build relationships with others on a similar journey and rediscover your hopes and dreams.
- Through our **work and study** programs, you can develop the confidence and skills you need to take steps towards work or study.
- People living with mental illness are often socially isolated, so our programs can support you to develop a **sense of belonging** and a network of supportive people.
- Our housing and residential rehabilitation programs support people to learn the skills to **live independently** at home and make connections in their community.

This is just a taste of the work we do. We can tailor support so you find your own solutions and build the life you want for yourself.

Please talk to your local Wellways office to find out more as not all programs are available in all areas.

## Support for families and friends

Supporting families and friends is an important part of what we do. We work with families and carers of all ages, and provide support so you can achieve what you want for your life.

We will assist you to identify your needs and provide support that is tailored to you so you can achieve your goals. You will receive support from people who have personal experience in a caring role.

Our support aims to:

- promote resilience and coping skills, and reduce stress
- increase understanding of mental health issues through our Well Ways family education programs
- assist you to make connections in your community.

Our programs for carers and family members are available to all families and friends affected by mental illness.

## Helpline

Our Helpline is a free and confidential service that provides mental health information, support and referral advice. Helpline is for people with a mental illness, their families and friends, and the general public.

You can talk to someone from Wellways on **(03) 8486 4222** between 9am and 5pm, Monday to Friday. Our Helpline accepts reverse charge calls, you can request an immediate call back or you can contact us at [help@wellways.org](mailto:help@wellways.org)

## Talk to us

For more information about any of our programs, please call our Warrnambool office on 55 60 3000 or visit us at 505 Raglan Pde, Warrnambool