



## Contact Information

For information about JewishCare's  
Mental Health program call

**FirstCall JewishCare 1300 133 660**

**7 days a week. 9am - 10pm**

**or email [firstcall@jewishcare.com.au](mailto:firstcall@jewishcare.com.au)**

**[www.jewishcare.com.au](http://www.jewishcare.com.au)**

## JewishCare provides

- Community aged care for older people living in their own homes
- Services for people with disabilities
- Services for vulnerable children and families
- Mental health services

JewishCare relies on financial support from the community. To find out how you can help call Maureen Mendelowitz on 9302 8003.

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Tel: 02 8302 0231  
[www.print35.com.au](http://www.print35.com.au)

# Mental Health

Helping individuals  
and their families  
to manage the impact  
of mental illness





# how we can help



## What is JewishCare's Mental Health program?

Working in partnership with the local community, mental health teams and major teaching hospitals, JewishCare provides support to individuals and their families who have experienced the impact of mental illness.

The program aims to reduce the stigma associated with mental illness by community education including holding community events and talks.

## Who is eligible?

Any Jewish person under the age of 65 who has been diagnosed with a mental illness as well as their families and carers.

## What does the program provide?

The program provides comprehensive assessment, case management and other support services including advocacy, by JewishCare's qualified professional staff.

Each person is individually assessed in order to determine the most appropriate services which will best meet their needs over time.

These may include:

- Information, advice and advocacy
- Liaison with other organisations and professionals involved in their care
- Case management and counselling for individuals and their family to assist with planning and decision making
- Weekly social activities to encourage and maintain social inclusion
- Weekly health and fitness programs including yoga, gym and walking groups
- Educational programs such as computer training, art therapy and music programs
- Parenting and Carers Forums and Support meetings
- Three monthly newsletters
- Twice yearly holidays
- Linking with suitably trained volunteers
- Meals provided on discharge from hospital
- Women's makeover days
- Interpreters as required
- Linking with other JewishCare services

JewishCare's Mental Health program is funded by the Jewish Communal Appeal as well as private donors

