AN INTEGRATED APPROACH TO your health

Mental illness can impact all aspects of your life. It therefore makes sense to manage your health in a comprehensive way.

Through One Door Health Care you can find health professionals who tailor services to your individual needs. Whether you are yourself living with mental illness or you have a family member living with mental illness, our experts can help you.

Our team is made up of qualified and highly-experienced health care professionals including psychologists, social workers, dietitians and exercise physiologists. All are trained to work in the mental health arena and work collaboratively with the other people involved in your care and support.

Services include:
- Psychological therapy
- Exercise Physiology
- Dietetics and nutrition therapy
- NDIS Functional Assessment to help you complete your NDIS application
- NDIS Coordination of Supports
- NDIS support for capacity building, improved daily living and improved health and wellbeing, including group and individual exercise and diet services

Funding for Health Care services can be:
- Through a Mental Health Plan from your GP
- Through a Chronic Disease Management (CDM) Plan from your GP (for allied health services)
- Self-funded
- Funded through your NDIS package

About Us
Through One Door Mental Health, people living with mental illness and their families find an inclusive community, advocacy support and innovative services.

To find out more, visit onedoor.org.au or call 1800 THE KEY (843 539)

“It’s easy for people to forget that their mind exists as a part of their body. We find that people have a better chance at recovery when they have a team of people looking after both their physical and mental health, which is exactly what we do at One Door Health Care, making us a complete mental health recovery specialist.”

Jane

To find out more about the health care services closest to you, visit onedoor.org.au or contact your local One Door Mental Health team on 1800 THE KEY (843 539)