

As Mental Health Month wraps up, One Door partners with online peer support service to continue the conversation.

In partnership with SANE Australia, One Door Mental Health now offers SANE Forums. The Forums provide a peer-to-peer service. It's a space where carers and people living with mental health difficulties, can link up and share stories, tips and offer support. The Forums are anonymous and moderated 24/7 to ensure they remain safe and welcoming for all members of the community. The online forums are not intended to be crisis or a counselling service, however if such case arises the moderators will direct you to emergency services.

Members are welcome to discuss a variety of topics ranging from diagnoses through to impact of mental illness on children, with contributors often sharing their coping strategies. One Door operates a mental health support line and outreach service for those experiencing isolation due to being in regional areas, we are excited to add the SANE Forums to our efforts to reach those who are geographically or socially isolated and give them the opportunity to become part of a welcoming and caring peer support community.

The forums are monitored 24/7 by mental health professionals, allowing people to talk openly with others about their challenges and experiences, offer support and insight, and share other helpful resources.

SANE Australia Chief Executive Officer, Jack Heath, says by working together the mental health sector can achieve better outcomes for those affected by mental illness.

“The forums launched in 2014 and have reached more than 600,000 people, many of those in rural and regional Australia where access to mental health support can be limited. Not only are they a vital resource for people with a lived experience of mental illness, they are also a critical support for carers and friends and family of those living with mental illness.”

October is coming to an end. This Wednesday marks one month of people all over Australia coming together to support each other, raise awareness and break the stigma associated with mental illness as a part of Mental Health Month. This year's theme 'Share the Journey' is about encouraging the community to talk about mental health and what better way to continue the conversation than to launch the integration of the SANE Forums into the One Door Mental Health website.

For 24/7 crisis support, please call Lifeline on 13 11 14.

- Ends -

To organise an interview with One Door Mental Health Chief Executive Officer Rob Ramjan or SANE Australia Chief Executive Officer Jack Heath, contact:

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The SANE Forums service is supported by the Australian Government, Department of Health and can be accessed at <https://onedoor.saneforums.org>