

## What is The Junction?

The Junction is a service that assists people who experience Mental Illness. This service aims to enhance their recovery from mental illness through programs that provide education, resources and skill building in a supportive setting to be able to achieve their identified recovery goals.

## Volunteers needed

At the current time, the service only runs programs one day per week, with various programs taking place in the local community.

As part of a project to enhance The Junction, we are seeking volunteers from Mount Gambier and surrounding communities to assist in running programs at The Junction. This will help to increase the frequency and variety of programs being run at The Junction.

Our vision of increasing community involvement in The Junction is to transition The Junction into a community supported and valued program for people with mental illness. The Junction will not only support people with mental illness but will also bring the community together through community engagement and involvement.

## Roles of the volunteer

Volunteers will work with The Junction staff to develop and run a program of interest or one which has been identified by The Junction staff and consumers.

Once the programs are developed, they will be placed in the timetable.

The Junction will provide the necessary support and training for all volunteers so that they will be able to run programs with confidence. Partnering up with another volunteer is also welcomed.

## Benefits of being a volunteer

- Run a program identified by The Junction staff and consumers
- Be part of a supportive team
- Share your interests and knowledge with other people
- Make new and valuable friendships
- Contribute to the lives of people with mental illness
- Be involved in reducing the stigma around Mental Health in the community

## Am I eligible to be a volunteer?

- Between 18-65 years old
- Police checks will be required as part of the process of registering as a volunteer
- Will need to complete registration as a volunteer with South East Regional Community Health Service

No experience in working with people with mental illness is necessary as support will be provided.

## How do I become a volunteer?

To become a volunteer or to gain further information please contact either:

### Country Health SA – Mount Gambier Mental Health Team:

Tel: (08) 8721 1507

or

### Melissa Reilly

Tel: (08) 8733 4755

Email: [Melissa.reilly@health.sa.gov.au](mailto:Melissa.reilly@health.sa.gov.au)

### Trung Nguyen

Email:

[Nguth029@students.unisa.edu.au](mailto:Nguth029@students.unisa.edu.au)

### Fiona Lim

Email:

[Limsy049@students.unisa.edu.au](mailto:Limsy049@students.unisa.edu.au)

## For more information about the Junction

### South East Regional Community Health Service

**Regional Office**  
PO Box 267, Mount Gambier SA 5290  
Tel. (08) 8724 5222  
Fax. (08) 8723 3166

**Keith Community Health**  
27 Hill Avenue, Keith SA 5267  
Tel. (08) 8755 3122  
Fax. (08) 8755 3123

**Lucindale Community Health**  
PO Box 21, Lucindale SA 5272  
Tel. (08) 8766 2656  
Fax. (08) 8766 2658

**Millicent Community Health**  
PO Box 93, Millicent SA 5280  
Tel. (08) 8733 4755  
Fax. (08) 8733 4402

**Mount Gambier Community Health**  
PO Box 267, Mount Gambier SA 5290  
Tel. (08) 8721 1460  
Fax. (08) 8721 1461

**Naracoorte Community Health**  
PO Box 366, Naracoorte SA 5271  
Tel. (08) 8762 8160  
Fax. (08) 87628164

**Tatiara Community Health**  
PO Box 196, Bordertown SA 5268  
Tel. (08) 8752 9050  
Fax. (08) 8752 2829

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, Tel. (08) 8226 1990.

# The Junction

## Country Health SA Mental Health

## Volunteers Needed