



# Contact us today!

Let us connect you with the support you need.

## Townsville

159 Kings Road, Pimlico  
07 4725 2496

## Mackay

1 Wood Street, Mackay  
07 4864 3080



# selectability

mental wellbeing and suicide prevention

[selectability.com.au](https://selectability.com.au)

Queensland  
**Training  
AWARDS  
2020**

State  
**Winner**

# selectability

mental wellbeing and suicide prevention



selectability's Clubhouses in Townsville (Inspire) and Mackay (Horizon) provide non-clinical recovery options that puts members in control of their own wellbeing.

## Our Clubhouses

Our unique approach builds on the renowned international model to include contemporary recovery-oriented practices.

### Tailored programs

Clubhouse programs are tailored to the diverse needs of our members and have proven results in delivering practical outcomes.

### Peer-supported environment

The safe and welcoming peer-supported setting allows members to make friends, build confidence and learn the skills needed to access housing, education and employment opportunities.

### Working together

Members and staff work together to develop the weekly program and manage day-to-day operations of the Clubhouse.

### All welcome

selectability's Clubhouses are open to adults seeking mental health support. There are a number of membership options available to those with NDIS plans and available funding for those who don't.

**Note activities differ in both locations visit [selectability.com.au](https://selectability.com.au) for details and the latest timetable.**

