



# Contact us today!

Let us connect you with the support you need.

## Townsville

59A Cambridge Street, Vincent  
07 4781 2600

## Mackay

11 Wood Street, Mackay  
07 4864 3050



# 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



Our Townsville and Mackay Mental Health Hubs provide safe and welcoming spaces for individuals to build confidence, learn new skills and make social connections.

## Mental Health Hub

The Mental Health Hub offers a structured program with focus on psychoeducation, community connection, and resilience building while promoting social inclusion and healthy relationships.

One of our main aims is to empower individuals to develop a greater sense of control over their mental wellbeing through psychoeducation. In simple terms this means providing education around the mental health concerns an individual is experiencing to promote a greater understanding of their symptoms, emotions and behaviours.

This can help to remove some of the fear, shame and self-stigma being experienced with regard to an individual's mental health.

Our programs draw on the knowledge of those with lived experience and include activities to suit a range of needs and interests including health and fitness, life skills, arts and crafts, and more.

*The Mental Health Hubs are open to adults seeking support for their mental wellbeing - we accept referrals from all sources - you can even self-refer.*

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

