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Let us connect you with the support you need.

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selectability

mental wellbeing and suicide prevention

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Queensland
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mental wellbeing and suicide prevention



selectwellbeing is our unique program available to individuals who are case managed by Townsville and North West hospital and health services.

About selectwellbeing

selectwellbeing is based on a stepped care model and provides those impacted by mental illness (but not eligible for the NDIS) with access to up to 12 months of individual and group support.

selectwellbeing - individual

Stage 1: Intensive - this stage is designed to deliver support to increase an individual's capacity to live independently, manage day-to-day living and access the community.

Stage 2: Moderate - this stage is focused on maintaining an individual's independence by providing support with day-to-day living and linking with other services as appropriate.

selectwellbeing - group

The peer-led group program runs concurrently with the individuals support to enhance the recovery process.

Stage 1: These small group sessions focus on developing a wellness toolkit that can be added to as individuals progress through the program.

Stage 2: These group sessions are larger and the sessions are themed around independent living.

Referrals to this program must come through the hospital and health service case managers. selectwellbeing is funded through Queensland Health.

