

Our Aim:

To provide a safe, non-clinical, passion driven service, offering hope and friendship.

To empower clients' self esteem and confidence for self worth.

To encourage clients to participate in their own decisions for a healthier lifestyle.



Our Mission:

To break the silence and stigma attached to mental illness.

To promote community awareness through positive communication and annual fund-raising events.

To develop educational programs and goal-setting strategies according to individual needs.

*“Let us walk beside you
In your time of need”*

Our Vision:

Recovery focused and committed to delivering ongoing support for clients to maintain their spirit of independence.

To provide an environment for greater understanding and support for each other.

To take steps in the right direction towards a pathway to freedom by reducing fear, loneliness and isolation.



Our Values:

In The Meantime recognizes and values each individual's human experience. All clients function on a level of wellness, moving back and forth on that level.

Mental illness is an event that does not define the individual. Our expectation is that we accept all individuals as a whole person and encourage them to participate in their own recovery process at their own pace.

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Peer support:

Through this process of providing support, empathy, and sharing of each others feelings of loneliness and frustration together, the healing process begins.

This enables personal growth, confidence and wellbeing for clients, in a non-clinical, non-judgmental and safe environment.



In The Meantime provides a social outlet for carers and clients who are stressed and having a bad day to drop in and have a chat.

Clients and carers provide positive decisions to support each other, and attend to the daily running of our service.

We are not government funded. We are self funded through varieties of fund raising and local sponsorships. We all work in a voluntary capacity and provide a non-structured service.

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In The Meantime is unique because we provide services three days a week and strive for quality, not quantity.

Monday:

Drop-in-centre: 8am to 3pm.

Tuesday:

Centre based respite: 8am to 3pm.
Art classes, with local artist from 10am to 12noon every Tuesday.

Thursday:

Drop-in-centre: 8am to 3pm.
The last Thursday of each month is pizza and DVD day.

In The Meantime Provides:

- Hope
- Understanding
- Friendships
- Gardening
- Bingo
- Library
- Cooking
- Craft
- Daily living skills



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In The Meantime Support Service

Emotional and mental health illness

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A not-for-profit organisation, endorsed with Australian Taxation as a charity and gift recipient

ABN: 36 126 506 910



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In The Meantime Support Service Ltd

A support service for carers and clients 16 years and over living with emotional and mental health illness

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In your time of need”*