

Spectrum.Life's Mental Health Support Program.

The mental health guidance you need.

Our team of experienced professionals are here to guide you through your mental health support journey, and offer confidential support. We take the time to understand what you're going through, create a personalised care plan, and connect you with the most clinically appropriate service, all from the comfort of your own home.

You may be supported by a range of professionals, such as Nurses, Psychologists, Health Coaches, Dietitians and Exercise Physiologists.



1 —

How it works:

Initiate

You can complete the online self-assessment and book an intake assessment call, or simply request a call back from our team.

2 —

Intake assessment

A Mental Health Nurse will meet with you via video call to understand your needs, explore what support is most appropriate, and guide your next steps.

3 —

Tailored care pathways

Transition to the appropriate care pathway if you require additional support based on your unique needs and the severity of your symptoms.

Coaching Program

8-16 week coaching program led by a psychologist. Build confidence, learn practical skills, and improve your wellbeing with guided sessions and educational tools.

Signposting

We work with your care team to make sure you're getting the right support.

Phone:
1300 561 020

Email:
contact@spectrum.life



Is Spectrum.Life's Mental Health Support right for me?

Your mental health matters just as much as your physical health. If you're not sure where to start, our Mental Health Support Program can help you:

- **Access expert guidance** from a multidisciplinary team working together to support you
- **Understand your mental health** more deeply, so you can make informed decisions
- **Navigate your care with confidence**, knowing you're supported every step of the way
- **Enjoy the flexibility of virtual tools**, so you can receive support from wherever you are, at your convenience

By joining the program, you'll have the support you need to take control of your mental health and move forward with confidence.

Mary's Journey - From Overwhelmed to Empowered

Following the shock of her husband's sudden kidney failure diagnosis, Mary – who was already dealing with painful osteoarthritis – struggled with anxiety, sleepless nights, and constant fatigue.

Mary engaged Spectrum.Life's Mental Health service to get the support she needed. During her initial assessment, the Mental Health Nurse took the time to understand her situation and connected her to a mental health coaching program. A Mental Health Clinician guided Mary through mindfulness techniques to manage anxiety, while an Exercise Physiologist and a Dietitian supported her in building healthier habits at an achievable, sustainable pace.

Over time, Mary began sleeping through the night, felt more in control of her emotions, and found strength through movement.

"I'm in a much better place than I was at the start of the year," she said. "And now I have the tools to keep going, even when things get tough."

This story is for illustrative purposes. Identifying details have been changed and stock photographs have been used to protect the privacy and confidentiality of the individual.

Accessing Spectrum.Life's Mental Health Support:

The first step is speaking with one of our Mental Health Care Coordinators using the contact details below, who will work with you to build the best supportive care plan based on your own needs and circumstances.



Phone:
1300 561 020

Email:
contact@spectrum.life

