



NOUS Greek Mental Health Carer Support

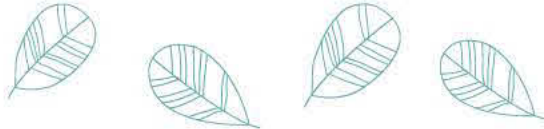
TREE OF COMFORT



WHAT NOUS IS ALL ABOUT

NOUS is a program run under the One Door Mental Health organisation, providing group support to Greek descent carers of people who live with persistent mental health issues, as well as to persons of Greek descent who have been diagnosed with mental health issues.

NOUS is a free of charge program funded by NSW Government.



WHAT NOUS PROVIDES

The NOUS program aims at supporting Greek descent carers by delivering psychoeducational courses that intend to increase their knowledge in mental health topics, raise awareness in preventing mental health illness, decrease the stigma surrounding mental illness, as well as enhance the carers' capacity and resilience to carry out their roles.

NOUS also hosts guest speakers who present on topics about the quality of life and the well-being of carers by providing information on issues the latter are interested in or through creative and recreational activities.

Additionally, NOUS supports persons of Greek descent who have been diagnosed with mental health problems through social meetings that aim at reducing their social isolation and developing their social skills.

Carers and persons affected by mental illness receive the NOUS bilingual newsletter bimonthly.

WHY JOIN IN NOUS

In a confidential and friendly environment, the Greek descent carers share their experiences and journey, and get inspired by other carers' stories. In an inclusive and respectful environment, persons of Greek descent affected by mental illness encounter new people and build up their capacity to stay connected and develop meaningful relationships.

Effective mental health support requires a culturally sensitive and holistic approach of mental illness, and NOUS aspires to address accordingly the needs of the carers and their family, as well as the needs of the persons affected by mental health issues.

WHEN AND WHERE NOUS MEETS

The carers support groups run every first and third Monday of the month at the Bridgewater House

11 Berna Ave, Canterbury NSW 2193

10:00 am - 1:00 pm.

The support meetings for persons affected by mental illness take place every first and third Tuesday of the month at various locations via previous arrangement.

WHO TO CONTACT AT NOUS

NOUS Support Worker

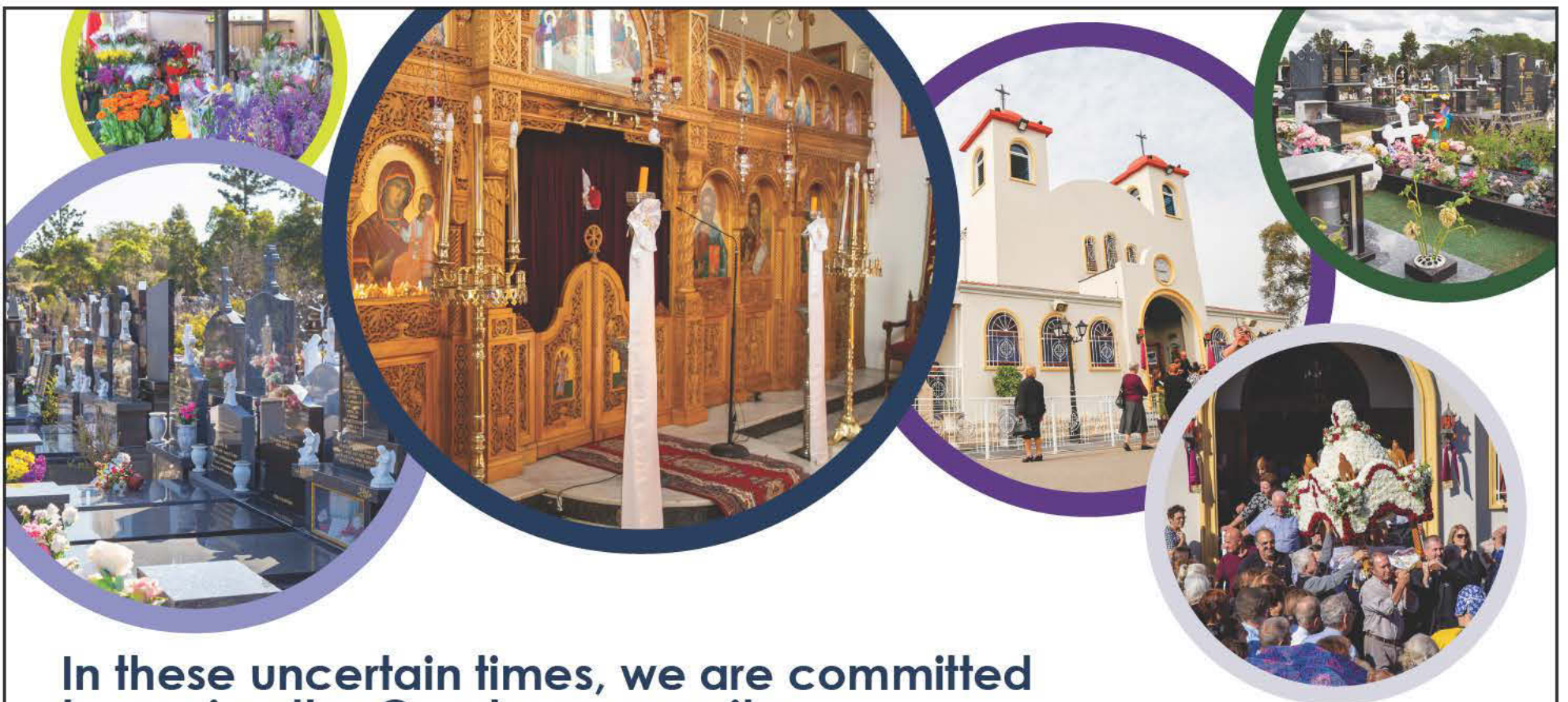
Address: Level 2 / 74-75 Burwood Road,

Burwood NSW 2134

Telephone: 0428 907 573

Monday to Wednesday

Email: nous@onedoor.org.au



In these uncertain times, we are committed to serving the Greek community

With funerals limited by travel restrictions and social distancing, we are offering live-streaming.

We also offer virtual meetings with our Client Services team for those who are unable to visit the cemetery.

