

Mi Place – DARWIN

Located at our new premises on Bagot Road, Coconut Grove, Mi Place welcomes people living with a mental illness, to drop in for a cuppa and a chat or to participate in a range of programs and activities that assist people with a mental illness to work toward their social and recreational goals. Participants of Mi Place are valued members (membership is free) who determine what type of programs and activities they would like to see operating at Mi Place.

COOL PROGRAM

The Cool Program offers activities in the wider community one weekday afternoon and one weekend day each week (excluding public holidays). Participants can catch the Cool bus at designated pick up points or meet at the venue. Program and activity times for Mi Place and the Cool Program vary throughout the week, but a timetable is available (just ask the staff).



Who Are We?

Mental Illness Fellowship of Australia (NT) (MIFANT) is a non-government organisation providing support, advocacy, information, referral and education for carers, family, friends and people affected by mental illness.

Mental Illness Fellowship of Australia (NT)

DARWIN

2/273 Bagot Rd, Coconut Grove, NT 0810
PO Box 40556, Casuarina, NT 0811
Phone: (08) 8948 1051
Fax: (08) 8948 2473
Email: exec@mifant.org.au

ALICE SPRINGS

Helm House, Suite 3/40 Bath St,
Alice Springs, NT 0870
PO Box 1009, Alice Springs, NT 0871
Phone: (08) 8953 1467
Email: alice@mifant.org.au



**Have you been diagnosed
with a mental illness?**

**We Can
Help You.**

**www.mifant.org.au
(08) 8948 1051**

**1 in 5 will
experience
mental illness
in their
lifetime...**



**...but you
are not
alone.**



MIFANT can help you with:

- Individual, Peer and Group Support
- Community Access
- Recreational and Social Activities
- Education
- Referral Service
- Advocacy
- Assistance with completing forms etc – eg Centrelink, Housing

Member Benefits

Membership is free!

- Members can complete a Recovery Plan with a member of staff to identify and work towards social and recreational goals
- Each member is a valued and needed contributor
- Active membership can provide a sense of fulfilment and belonging
- Improve self-esteem and social skills
- Connect with your community
- Lunch is available
- MIFANT does not provide clinical services – members are encouraged and supported to seek treatment from the mental health and medical services in the community