

"Sometimes when you experience a mental health difficulty and it appears that this is the end, it could actually be a new beginning"

Marie, Chairperson of S.T.E.E.R.

Our Services

- Supported Recovery Programs
- Essential Skills Training
- Accredited Training and Education Programs
- Training for Carers
- Employment Training
- Counselling
- Independent Advocacy Services
- Closed Support Groups
- Listening Ear
- Volunteering Opportunities
- Resource Library
- Research Projects
- Consultancy

The Benefits to You

- Increase your Self Confidence
- Increase your Self Esteem
- Increase your Self Worth
- Increase your Motivation
- Learn Relaxation Methods
- Enhance your Communication
- Learn New Skills
- Find Hope
- ENJOY LIFE AGAIN!



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Together towards a better life

S.T.E.E.R. is an innovative, pro-active mental health organisation. The design and planning of our services maintain a high level of involvement from people who experienced mental health difficulties.



S.T.E.E.R.

*Specialists in
Mental Health
Advocacy
and Recovery*



Together towards a better life

