



Welcome to MATES

MATES is a program designed to enhance lives through meaningful connections. If you or someone you know is experiencing social isolation and has a diagnosed mental illness, MATES is here to help. Our dedicated volunteers meet with their "MATE" weekly or fortnightly to engage in activities that foster friendship and break down the barriers of loneliness. Whether it's a chat over coffee, a walk in the park, or exploring new hobbies together, MATES brings joy and support to those who need it most.

How to Join the MATES Program

Joining the MATES Program is straightforward. Here are the criteria:

- Be aged 18 years or over
- Have a diagnosed mental illness
- Be significantly socially isolated and ready to expand your social networks
- Be working with a mental health care professional (e.g., Mental Health Team doctor, case manager, counsellor, GP, or Community Nurse)

Referrals can come from anywhere, including self-referrals. We're here to support you!

In addition to one-on-one matching, we organize monthly group outings that include lunches, BBQs, visits to local places of interest, and more, tailored to the interests of the group.

Interested in Volunteering?

We're excited you're considering volunteering with us. Here's what you need to know:

- Must be over 18 years old
- Require a Working with Vulnerable People (WWVP) card (or be eligible to obtain one)
- Able to offer at least 1 hour per week for a minimum of 12 months
- Attendance at scheduled meetings and additional training required
- Regular reporting to your coordinator
- Maintain confidentiality and privacy at all times

We can't wait to have you on board to make a difference together! Please enquire via email for the application process.

Friends of MATES (FOM's)

'Friends of Mates' is for individuals who:

- Are on the waiting list
- Have exited the Program but would like to keep in contact
- Do not want to be matched with a volunteer but would value group social interaction
- Are assessed as eligible but unable to receive a service due to a closed waiting list

Participants in 'Friends of Mates' can attend social events and outings and receive our newsletter.

Contact Us

- Email: mates@familybasedcare.org.au
- Call: 6431 8411

Headquarters

- Address: 73 - 75 Mount Street, Burnie, TAS,