



# Kick-Start Your Journey to Better Mental Health

**Outdoor adventure and respite  
programs for people living with  
a mental health condition**



[outdoorsinc.org.au](https://www.outdoorsinc.org.au)



# Out Doors Inc.

Outdoor programs for  
better mental health

**Out Doors Inc. is a not-for-profit organisation that offers nature-based mental health and wellbeing programs for Victorians.**

We offer a range of single- and multi-day programs, designed to meet the needs of people who are at risk of or living with a mental health condition.

With over 30 years' experience, we've created a unique approach when it comes to guiding people down the path towards better mental health. We take people into the outdoors where they can recharge, reconnect with themselves and others, and gain a fresh perspective.



# Types of Programs

## Weekday Programs

Ranging from single-day expeditions to multi-day trips, our weekday programs place strong emphasis on choice, providing participants the opportunity to try new experiences and challenge themselves at a level with which they feel comfortable.

**Length: 1-5 Days | Difficulty: Beginner to Advanced**

## Weekend Programs

Our weekend programs are specifically designed for participants living with both an intellectual disability and a mental health condition. We offer a range of inclusive activities which allow participants to have fun and socialise, while offering respite for carers.

**Length: 1-2 Days | Difficulty: Beginner to Intermediate**

## Seniors Programs

Our seniors program is tailored for participants aged 65+ and typically includes activities like bushwalking, team games, sightseeing, dancing, swimming and canoeing. This program consistently achieves an exceptionally high level of participant satisfaction.

**Length: 1-5 Days | Difficulty: Beginner and Leisure**

## Agency Programs

Through our agency program, we develop custom programs for different community organisations that meet the needs of their customers or participants. Only available for group bookings, the complexity, length and components of the program are tailored to suit each group's goals and abilities.

**Length & Difficulty: Tailored to your organisation's needs**

# Types of Activities

Explore our range of recreational and adventure activities. Each activity caters to all ages (16+), fitness levels and experience levels, from beginner to advanced. Depending on the type of program, these activities vary from one to five days long.

Activities Include:



Rock Climbing



Surfing



Canoeing



Rafting



Abseiling



Mountain Biking



Bushwalking



Yoga



Bush Art



Music



Cross-country

Skiing





# Funding Options

See if you're eligible for NDIS or  
State Government Funding

## NDIS Funding

Out Doors is registered to provide support for NDIS participants, their families, and carers across Australia. All NDIS participants aged 16+ with an active NDIS plan are eligible to participate in our programs.

## Planned Respite Funding

Participants who do not have an NDIS Plan can access Out Doors services under our Planned Respite funding. **In order to be eligible for this funding stream, the participant must:**

- Be aged 16 – 64
- Have a carer (formal or informal)
- Identify as living with a mental health condition
- Live in the North or Eastern Metropolitan Regions of Melbourne

## Seniors Funding

Seniors who have an NDIS Plan are eligible to attend an Out Doors program.

Seniors who do not have an NDIS Plan can access Out Doors services under our Seniors Health Promotion funding stream.

**In order to be eligible, participants must:**

- Be aged 65+
- Be at risk of or living with a mental health condition
- Live in the North or Western Metropolitan Regions of Melbourne



# How Do Our Programs Help?

**Did you know, being exposed to nature even for short periods can create meaningful personal benefit and act as a protective factor against poor mental health<sup>1</sup>.**

All of our programs give participants the chance to challenge themselves, learn new skills and build positive social connections in a natural outdoor setting – all of which are proven to help alleviate stress, depression, anxiety, and mental fatigue.



But at the end of the day, it's our participants' opinions that matter most and we are consistently thrilled with their feedback. In fact, an incredible 97% of Out Doors' participants reported that they felt good after attending one of our programs and an amazing 94% of participants were satisfied with our services<sup>2</sup>.



<sup>1</sup> Townsend, 2015

<sup>2</sup> Out Doors Inc. Participant Survey, 2019



# Why Adam loves Out Doors Inc.

**"I have been a participant of Out Doors Inc. for over 10-years. Previous to joining, I was isolated and unable to socialise at all.**

I started with short day activities and progressed to five-day camps. Now, my self-confidence and ability to interact one-on-one and in group situations has improved considerably. Outdoor activities keep me physically and mentally active and I love being involved in team-building activities.

My favourite camps are rafting, rock climbing and camping in tents. I have made lasting friendships through Out Doors Inc. that I regularly keep in contact with outside the program.

**Out Doors Inc. has successfully changed my life!"**

- Adam, participant since 2010



# So, are you ready to get outdoors?

## How you can get started with Out Doors

Call or email us to book your free in-person intake assessment at our office. Our friendly team are happy to answer any questions and help you kick-start your journey to better mental health.



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## Contact Us

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