

Mental Health Services HELPLINE 1800 332 388

Adult Mental Health Services

STATEWIDE MENTAL HEALTH SERVICES

About Millbrook Rise

At Millbrook Rise Centre for Rehabilitation we aim to provide a safe and positive place to support you in the journey from diagnosis through to recovery.

We have an emphasis on education, skill development and rehabilitation to assist you to transition back to more independent living.

How the centre is staffed

The team includes doctors, nurses, psychologist, ward aides, social worker, occupational therapist and a pharmacist. Services such as podiatry and pathology visit the centre. We can also connect to the community dental team for clients.

Will I have to pay fees?

You will be required to pay fees if you are a client who has been receiving care for more than 35 days within the Tasmanian Health Service and are no longer acutely unwell.

We will talk with you about the amount of fees that you need to pay, which will depend on your personal situation.

Millbrook Rise Centre

3 Hobart Road
New Norfolk TAS 7140
Phone 03 6166 0556

www.dhhs.tas.gov.au/mentalhealth



Tasmanian Health Service Buildings are smoke-free sites.

Statewide Mental Health Service welcomes feedback from clients, carers and family members to help us improve care. Talk to one of our team or fill in a consumer feedback form.



The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.



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Millbrook Rise Centre

New Norfolk, Tasmania

Guide for future clients
and their support



TASMANIAN
HEALTH
SERVICE



What will I need to bring with me?

- You will need to bring your own clothes and shoes, suitable for all weather; warm, cool, rain and cold.
- All meals are provided, however you can bring your own snacks and store them in the kitchen facilities available.
- A television and/or a computer can be kept in your room.
- Personal toiletries such as deodorant, hair styling products, perfume or cologne.
- Shampoo, conditioner and soap are provided at Millbrook Rise. If there is a brand you prefer you can bring your own items.

Activities, Visiting and Leave

You can take part in a range of activities onsite at Millbrook such as cooking, art, wood work, walking group and swimming.

Visiting is flexible up to 7:00 pm each day. All visits need to be set up with staff before the visit.

Your options for leave will be discussed with you. We suggest that you take leave when you are able to.

The Millbrook Rise Centre has three units for client accommodation each with shared living spaces and separate outdoor areas.



Clyde Unit: caters for up to ten clients

- rehabilitation focus including individual cooking programs and support to connect with community programs and activities
- individual ensuite bedrooms
- a laundry
- two shared lounge/TV rooms
- open kitchen area
- enclosed courtyard

Tyenna Green: caters for up to eleven clients

- support to develop rehabilitation goals
- access to onsite activities at the Millview Room
- individual ensuite bedrooms
- a laundry
- shared lounge room
- shared dining room
- closed kitchen area
- enclosed courtyard



Tyenna Blue: caters for up to six clients

- 24 hour monitoring and support
- supported access to onsite activities
- individual bedrooms
- shared bathrooms
- shared lounge room
- quiet sitting room
- closed kitchen area
- secure yard and outdoor sitting area

