

## Our Values

**Personal responsibility:** We act ethically and always take responsibility for our actions.

**Personal value:** We believe every person has equal value.

**Mutual help:** We collaborate and share knowledge, skills and expertise for the personal development and leadership of all.

**Friendship:** We support each other and act with courage.



### Find your nearest GROW office

There's a good chance there's a GROW meeting in your community or an eGrow meeting available online.

To find your nearest GROW office, call 1800 558 268 to transfer to an office in your State or Territory.

### Toll Free Information Line

1800 558 268

For more information visit  
[www.grow.org.au](http://www.grow.org.au)



ARE YOU LOOKING  
**for support**  
WITH YOUR  
mental health?



# What is

# grow?

**GROW** is a community-based national organisation that has more than 60 years experience in developing a unique program for improving and maintaining mental wellbeing.

Grow's programs are based on lived experience meaning Grow groups are a meeting of peers, made up of people who are striving to develop and maintain good mental wellbeing.

Members come together weekly to take part in face-to-face or online support groups that follow a 12-step program for mental wellbeing. The Grow groups are led by someone who has been through the Grow Program (peer led), and the support you'll receive at the meetings comes from people who are also facing challenges dealing with their mental health. This is known as peer-to-peer support.

Joining a Grow group is free - you don't need to have a referral or a doctor's diagnosis. Groups are confidential and members can choose to remain anonymous.

Our program has helped thousands of Australians to recover from a range of mental health issues. Becoming a 'Grower' gives you access to GROW mutual help groups, personal development using GROW literature, social activities, training, community building activities and much more. GROW offers practical steps and peer support to help you recover your mental health and achieve your personal goals.

We are not a religious organisation - individual spirituality varies, and we are non-discriminatory. You're welcome to use your own philosophical or religious beliefs as support. Yes, our Blue Book, a program of personal growth, does mention God as an example, and written alongside is an example of an alternative for those who choose their own spiritual source.

“YOU ALONE  
CAN DO IT  
BUT YOU CAN'T  
DO IT ALONE

- BLUE BOOK



## Knowing if GROW is right for you

We encourage potential members to come along to at least three meetings to gain a better understanding of how Grow works and whether GROW is right for you. The Grow Group is a working meeting that mutually supports people's individual recovery journey. You will need to be ready to commit to change the way you think, interact in your life and in the community.

For more information, please call 1800 558 268.

