



Growing Resilience

Free online resilience building program run over six sessions.



Welcome to Grow

Support for your mental health - online orientation session.



eGrow Groups

An online version of a traditional face-to-face Grow group.



Grow Groups Grow Groups are a mental health support group based on the Grow program and its philosophy. Grow Groups offer caring peer-based support to people looking for support for their mental health. It's based on a 12-step program of personal growth, mutual help and support. Joining a Grow group is free – you don't need to have a referral or a doctor's diagnosis and groups are anonymous and confidential.



Get Growing

A specialised program for school aged participants based on the Australian Curriculum that runs over 10 weeks.



Online Community Forum

Providing Growers another way to connect with each other and progress recovery at any time.



Young Adults Program

This online group encourages and supports people aged 18-35 with their mental wellbeing.

GROW Australia

Call 1800 558 268

For more information about GROW Australia visit www.grow.org.au