

start.box and chat.box

The whole is more than the sum of its parts

A captivating insight into a mental health centre
for adolescents and young adults

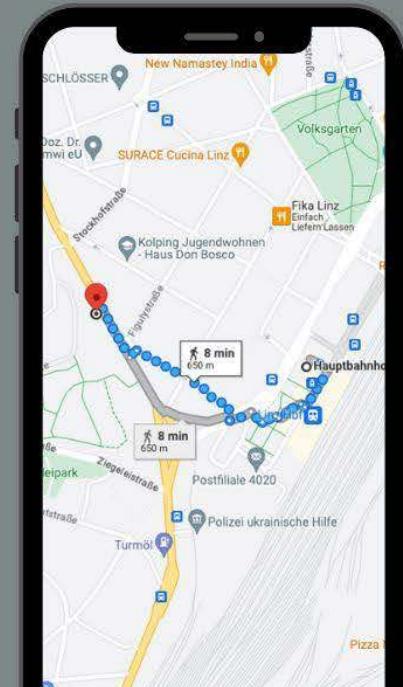
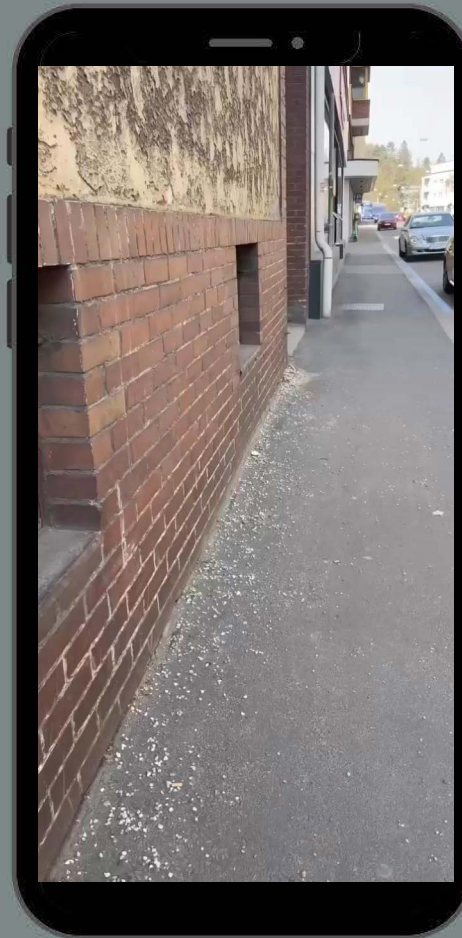


An offer by **pro mente** **oö**

Our location

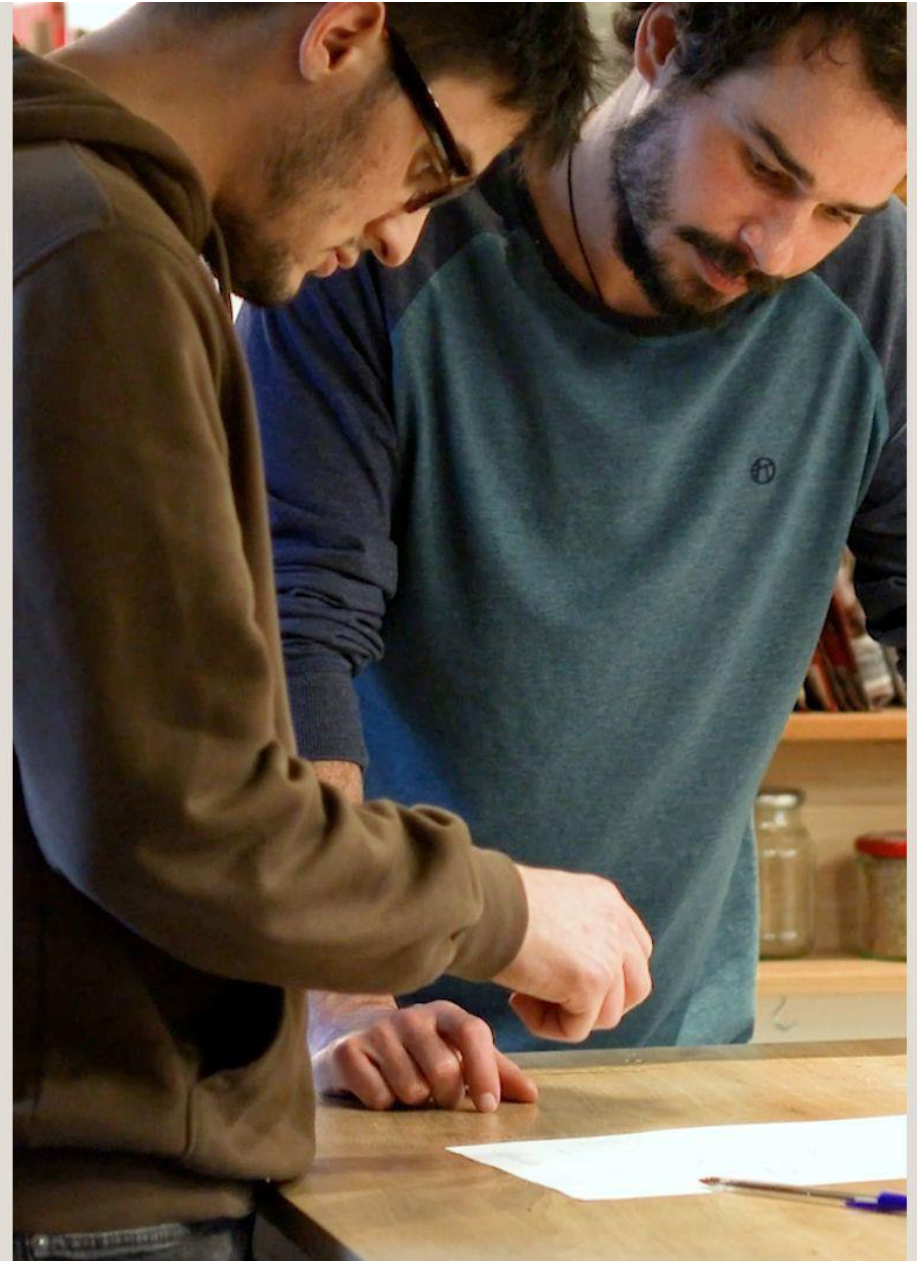
In the heart of Linz

- close to main train station
- easily reachable from all surrounding districts



What is the start.box about?

- Centre for mental health and wellbeing
- For young adults between the age of 14 – 29 as well as their families
- Financed by the state of Upper Austria
- Psycho-social burdens are the only requirement to use services
- Low-threshold, free of cost, easy and non-bureaucratic access



Our motto

You are at the
**right
place**

You are
important!

We
– together
working towards
mental health.



Psycho-social counselling

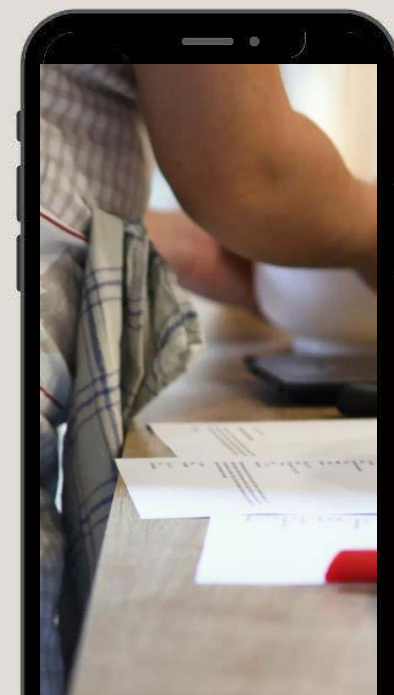
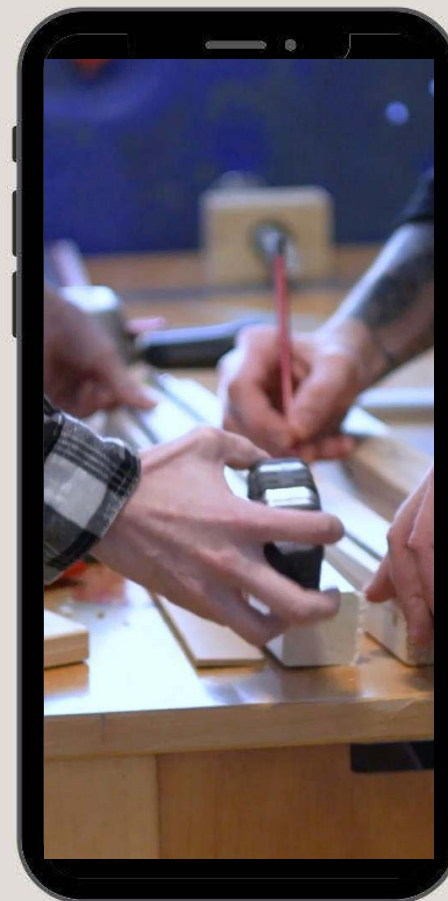
- One on one setting
 - Establishment of short term and long term goals
 - Continuous support (regular intervals for appointments)
 - Possibility to set individual goals and create realistic perspectives based on the participants wishes



Day center services

open.space

- Kitchen
- Garden
- Workshop (project-based)
- Leisure activities



Psychotherapy and psychiatric services

- Offer is free of charge
- In-house psychiatrist and psychotherapy with regular appointments
- Psychotherapists offer a variety of educational and scientific backgrounds



Participation

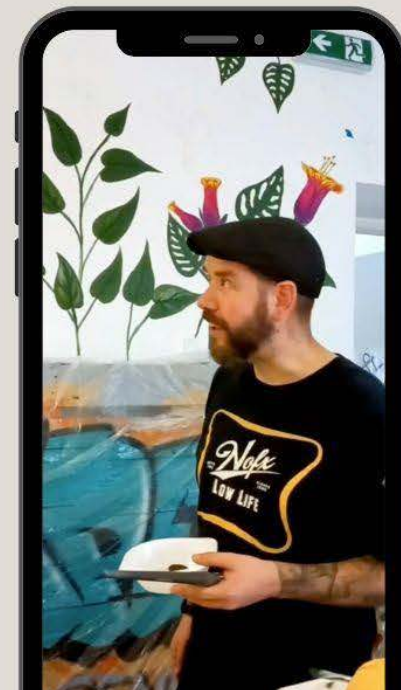
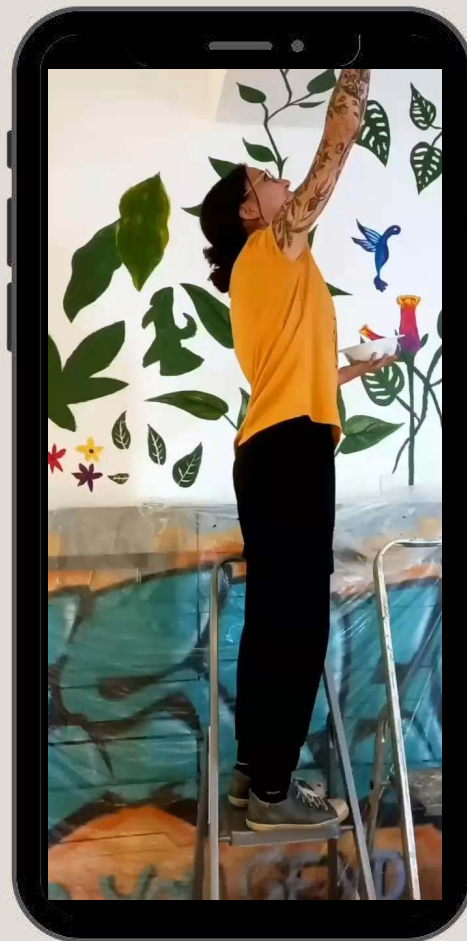
open.mind crew

- Team meeting with participants (4x a year or when needed)
- Participants can actively create and influence the topics/settings of our centre (such as workshop topics, celebrating of festivities etc.)
- The aim is to take the lived realities of participants seriously and value their insight in creating useful services to foster mental health



Workshops

- Once a month organized by staff
- Topics and interests can be voiced by participants





chat.box

Financed by the ministry for social affairs, health, care and consumer rights

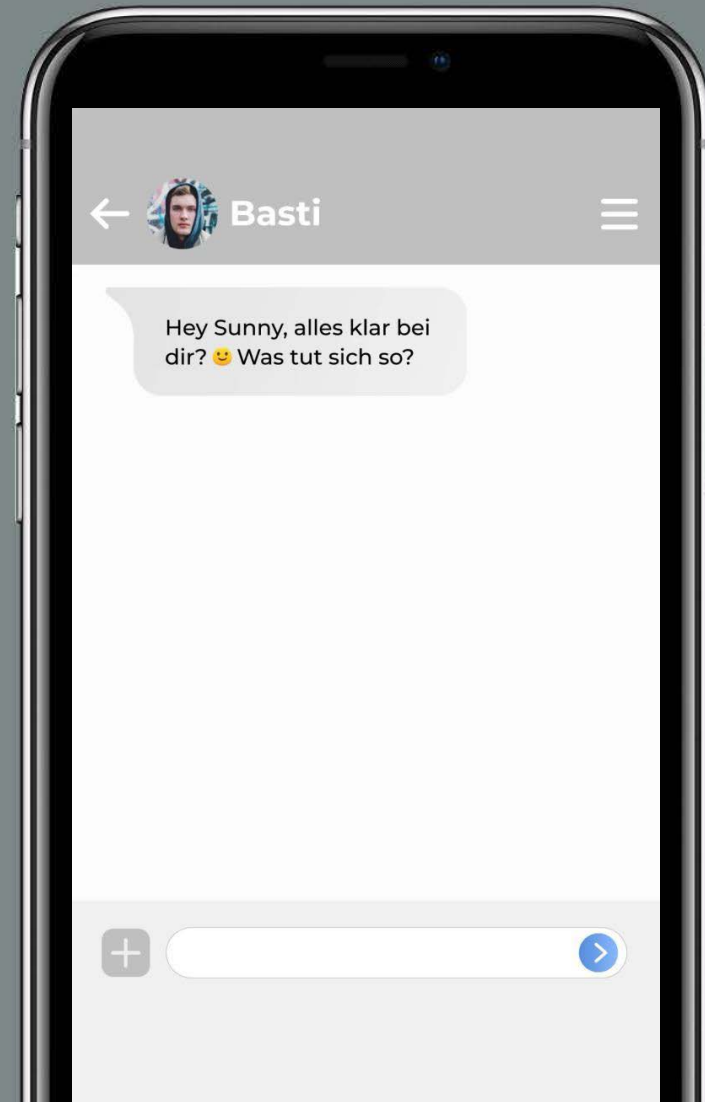
Online counselling

- Young adults can reach out 24/7
- We guarantee a response within 48h (during the week)

Live chat counselling

- Two hours online, three times a week
- Counsellors chat with participants live (max. 30 minutes per chat possible)

Hey there,
great to have
you here.



Talking about
your problems
is a sign of
strength!

Hallo, mir geht es nicht gut...
Ich habe seit Wochen Angst davor
meine Wohnung zu verlassen, aber
ich habe das Gefühl, dass das
niemand verstehen würde. Es macht
mich fertig alleine in meiner
Wohnung zu sitzen, aber es geht
einfach nicht anders... verstehe es ja
selbst nicht woher das auf einmal
kommt.

Schreib deine Nachricht hier ...

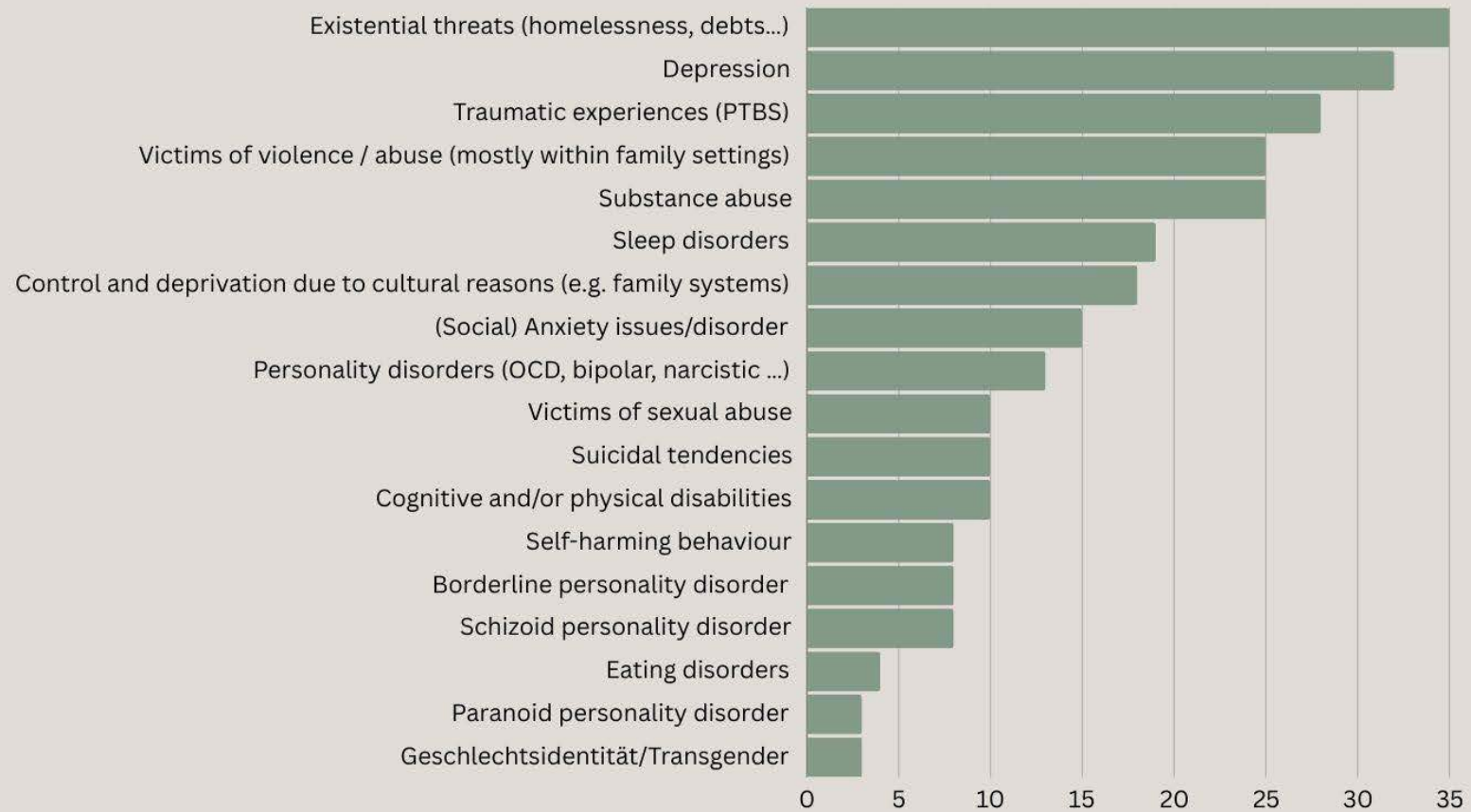


Social media presence

- Relevant topics concerning mental health are published
- The social media team consists of social workers and participants



Main topics and diagnoses





Our participants can choose which services they would like to use, everybody gets what they need in their current situation

Our vendor's tray

Diverse services and offers all wrapped up in one place

- Access obstacles are reduced
- Each and every service are important
- Through the combination of these services the potential output increases

point of
contact

a light
breeze in
between the
heaviness

together

an
opportunity
to
participate

a place
where I feel
welcome

a place
to learn
new
things

safe
space

would be
unthinkable
without

a place
where one
can be
oneself

comfortable
being
together

a place
where I am
heard

colourful

community

home

a work place
that I
appreciate

a
challenge

good
coffee

to belong
somewhere

Start.box for
me means ...

Thanks!

Holger Schaller

www.start-box.at
Waldeggstraße 12, 4020 Linz