



Mission Statement

We are a Brisbane based friend group for people who have experienced, or are experiencing mental illness and we also welcome friends and family members of sufferers and also general supporters of those 'doing it tough' as they endure mental illness. We were established to bring people together through fun and exciting events that are held across Brisbane, the Sunshine Coast and the Gold Coast where our members experience friendships they may otherwise not have the opportunity to develop. It is our belief that good friendships last a lifetime and that they are supported by good memories. We aim to connect the community with people from all walks of life and hope to assist our members to develop strong friendships.

Our morals and ethics are centred around inclusion, compassion, understanding and care for one another. We understand what it is like to endure mental illness and we know the importance of developing strong friendship circles that last the test of time and result in support when and where it is needed. We warmly welcome people of all backgrounds and we strive to provide a safe, friendly environment for all of our members at all of our events.

Suffering from mental illness is a challenge, but it doesn't need to be. With support and friends life can be lived to its absolute best and this is not just a philosophical statement, but a statement of the absolute truth. We know that friendships prevent loneliness and isolation, leading causes for people developing mental illness, or worsening symptoms of their mental illness and this is why we exist – to bridge the gap between sufferers and the friendships they deserve.

We warmly invite and welcome the public to all of our events.

James Dzintarnieks
Founder and Team Leader.