

PSYCHOSOCIAL RECOVERY COACHING

OVERVIEW

Sometimes the biggest barriers are invisible. Here at Mai-Wel, we see you. Psychosocial Recovery Coaching is an NDIS support item that is available for people with a Psychosocial Disability who require a helping hand to navigate the challenges of daily life.

WHAT IS PSYCHOSOCIAL DISABILITY?

Psychosocial Disability refers to a mental health condition which impacts the individual's social environment and creates barriers that restricts the person's ability to live a full life.

Perhaps everyday living has become that bit harder because of a mental health condition, whether you struggle with stress, interacting with others, concentrating or other mood, schizoid or anxiety diagnoses.

Our Psychosocial Recovery Coaches are here to help you bust down these barriers and live your life to the fullest!





OUR METHOD

Your Psychosocial Recovery Coach will work with you to:

- **UNDERSTAND** what your needs, goals and desires are by working closely with you and the people closest to you.
- **CREATE** and guide you through a recovery plan that will help to increase your skills, capacity and independence in areas such as motivation, resilience and decision making.
- **INFORM** you about different services and supports that you can pick and choose between.
- **ENGAGE** you with services and supports that will build you up to your employment and daily living goals.
- **ASSIST** you to understand and navigate the NDIS and supports that can be funded to facilitate your recovery goals.

All of our Psychosocial Recovery Coaches have either lived or learned experience of mental illness and recovery. Alongside Mai-Wel's Clinical Support Team and a network of external specialists and supports, you can rest easy knowing your recovery plan is backed by the best of the best!

SIGN UP TODAY!

FOR MORE INFORMATION AND TO SIGN UP, HEAD TO

WWW.MAIWEL.COM.AU/SERVICES/PSYCHOSOCIALRECOVERY/

OR CONTACT OUR INTAKE TEAM AT



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