

## Get support, get connected

The Psychosocial Support Service offers one-to-one coaching and group activities that support recovery for people with severe mental health issues.

Support can focus on receiving practical help with daily living, looking after your health, finding a home, gaining employment as well as improving your connections with family, friends and the community.

Learn strategies and develop skills that help you to:

- Identify your strengths
- Build resilience
- Achieve your goals
- Find people to help you improve your wellbeing
- Connect with family or with your community
- Explore accessing the NDIS
- Enjoy a full and vibrant quality of life.

## Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that matches their values and goals for the future.

## Contact the Psychosocial Support Service

 Call 1300 168 911

 Fax 03 9012 4266

 [EastMelbournePSS@neaminational.org.au](mailto:EastMelbournePSS@neaminational.org.au)

### About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their strengths, values and goals.

We offer a coordinated, planned, inclusive and reliable service that is sensitive to each person's needs.

[www.neaminational.org.au](http://www.neaminational.org.au)

The Psychosocial Support Service at Neami is funded by the Australian Government through Eastern Melbourne Primary Health Network.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

# Psychosocial Support Service

Mental health support in Eastern and North Eastern Melbourne.



## Improve your health and wellbeing

The Psychosocial Support Service is for people with severe mental health issues who will not be supported by the National Disability Insurance Scheme (NDIS).











Using an evidence-informed, recovery focused approach, we support you at the times when you most need it. The length of support can range from 8 weeks to a maximum of 12 months.

An experienced mental health support worker will spend time with you to:

- Look after your mental and physical health
- Develop a recovery plan
- Achieve your goals through face-to-face and phone coaching
- Reduce your need for hospital services
- Reach out to the people in your life who can support your recovery, such as:
  - Carers or family members
  - Your Doctor or General Practitioner
  - Services in the community
  - Health professionals

## Support to suit your needs

We help you to build the confidence and develop the skills to achieve the life you want. The support you receive is based on your needs and preferences and can include:

-  Daily living support
-  Housing
-  Employment
-  Education
-  Managing money
-  Connecting with community
-  Emotional support
-  Improving physical health
-  Family relationships
-  Coordinating services
-  Justice
-  Alcohol and other drugs

## Is this service right for you?

Some people with severe mental illness who will benefit from psychosocial support will not be eligible for NDIS support.

The Psychosocial Support Service is available to people who:

- Live or work in Eastern or North Eastern Melbourne
- Experience severe mental health issues
- Are not supported by the NDIS.

## Make a referral

Anyone can make a referral to the Psychosocial Support Service including:

- You
- Your Doctor or General Practitioner (GP)
- A family member or friend
- Other mental health or health services.

To make a referral you can call either:

- Neami **1300 168 911**
- EMPHN Referral and Access Team  
**9800 1071**

Download a referral form from [www.neaminational.org.au/EastMelbournePSS](http://www.neaminational.org.au/EastMelbournePSS) or contact us and we will mail one to you.