

# Neami Mid North Coast

Support for mental health  
recovery, wellbeing and  
independence

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



# Our services

Neami Mid North Coast provides individual recovery support for mental illness and mental health needs in the Port Macquarie and Kempsey Mental Health District.

We support you in your recovery while also helping you to strengthen your connections to your community and support networks.

## **Housing and Accommodation Support Initiative (HASI)**

Through the HASI program, we provide flexible, community-based support, so you can:

- Identify your values and goals and make progress towards achieving them
- Manage your medication and treatment
- Enhance your physical health and wellbeing
- Participate in your community of choice
- Gain greater independence

You will work with a support worker who will use their professional skills to listen and support you during regular visits with you in your home and local community. Their role is to support you to increase your independence and build skills in self-advocacy.

## **Bridging and transition support**

Together with the Port Macquarie and Kempsey Community Mental Health Team, we can support you if you are being admitted to or leaving hospital or a care unit.

We help you to put together a plan to successfully transition back into your community and avoid a relapse.

## Group programs

Our group programs support you to develop knowledge, skills and resources that are consistent with your personal goals and values.

### **The Optimal Health Program**

The OHP group program helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs. It provides tools to help set your own priorities and work towards progress in your chosen goals.

### **Flourish**

Flourish is a recovery focused, self-development group that is fun, interactive and helps you to explore your values and strengths. Peer Support Workers who have a lived experience of mental health issues and recovery run Flourish, bringing their unique perspective and experience to the sessions.

## Feedback and complaints

Feedback and complaints are welcome in all our services and other organisational areas.

For more information on the feedback process contact us or visit:

[www.neamination.org.au/feedback](http://www.neamination.org.au/feedback)

# Accessing HASI Services

## Eligibility

To be eligible for the Housing and Accommodation Support Initiative (HASI) program, you must be:

- Aged 16 years and older
- Diagnosed with having a mental illness and have an ongoing clinical support person who will collaborate with HASI (e.g. area case manager, GP, psychiatrist, psychologist, etc.)
- Currently residing in stable accommodation (or have a current pathway to achieve this) in the in the Port Macquarie/ Kempsey Local Health District
- Have a willingness to engage in a flexible support program

## Referrals

You can make a referral by speaking with any of the staff at Neami Mid North Coast or by emailing us at [midnorthcoast@neaminational.org.au](mailto:midnorthcoast@neaminational.org.au)

Individuals, carers, families, health professionals and other community services can make referrals.

Referrals for others must be discussed with the individual before making the referral.

We encourage referrals from people from culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander people, and refugees.

# Our approach

Neami National is a community mental health service that provides rehabilitation and recovery support services across Australia.

We work in a positive framework and assist you to build your confidence and skills to achieve a greater sense of meaning and purpose in life based on your own values.

We provide services in diverse communities ranging from the inner-city suburbs to regional and remote areas.

## **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 own values and goals for the future.

Recovery goals often include physical and mental health, self-confidence, social and community connection, education and skills development, and employment.

## **Collaborative Recovery Model (CRM)**

We use the Collaborative Recovery Model to support people through our services.

The CRM aims to identify your personal values and goals, and then helps you make progress towards achieving them. Each person chooses their own goals.

Our staff support you along the way and help connect you with other services in your local community.

# More information

## Contact Neami Mid North Coast

Monday to Friday, 8:00 am - 4:30 pm

Phone 02 6583 3443

midnorthcoast@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 own strengths, values and goals.

### Our vision

Full citizenship for all people living with a mental illness in Australian society

### Our mission

Improving mental health and wellbeing in local communities

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

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