

## Get support, get connected

The Commonwealth Psychosocial Support Service offers one-on-one coaching and group activities that support recovery for people experiencing mental health challenges.

Support may include help with daily living, looking after your health, finding a home, gaining employment, and 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 support your wellbeing
- Connect with family or with your community
- Improve your physical health
- Enjoy a full and vibrant quality of life.

## We walk alongside you

The way we work with people is responsive and very human in its nature. This means being flexible and working at your pace – meeting you where you're at. Through ups and downs and when no clear answers are ready. We respect your choices, your ways and what you want to be supported with.

People's reasons for accessing support from Neami are diverse and often have several dimensions. Our role is to support people to access what they need for a fulfilling life – knowing that requires different things for different people.

## Contact the Commonwealth Psychosocial Support Service

 Call 1300 052 588

 Fax 03 9309 4843

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

### About Neami National

At Neami we support individuals living with mental health challenges to achieve the outcomes they value. We are proud to support 30,000 people living with mental health challenges across Australia and offer more than 70 services, over 40 different Indigenous lands. These services include mental health and wellbeing support, housing and homelessness, and suicide prevention services.

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

The Commonwealth Psychosocial Support Service at Neami is funded by the Australian Government through the North Western Melbourne PHN.



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.

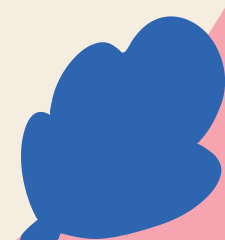


Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



# Commonwealth Psychosocial Support Service

Mental health support  
in North Western  
Melbourne.



 **neami  
national**  
Improving Mental Health  
and Wellbeing

## Improve your health and wellbeing

The Commonwealth Psychosocial Support Service is for people with severe and persistent mental health challenges who are not supported by the National Disability Insurance Scheme (NDIS).

Using a recovery focused approach, we support you when you most need it. Support can be brief, moderate or comprehensive and typically lasts up to 6 months.

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

- Support 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 relating to your mental health
- Reach out to the people in your life who can support your recovery, such as:
  - Carers or family members
  - Your doctor or GP
  - Services in the community
  - Health professionals

## Support to suit your needs

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

- Daily living support
- Connecting with community
- Emotional support
- Improving physical health
- Family relationships
- Coordinating services
- Support with the justice system
- Alcohol and other drugs support services
- Managing money
- Education
- Employment



## Eligibility

The Commonwealth Psychosocial Support Service is available to people who:

- Live or work in Hume, Darebin, Merri-bek, Yarra, Melbourne, Moonee Valley or Macedon Ranges
- Experience severe mental health challenges
- Are not supported by a Case Manager
- Are not supported by the NDIS.

## Make a referral

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

- You
- Your doctor or GP
- A family member or friend
- Other mental health or health services.

To make a referral you can call Neami on 1300 052 588. You can also download a referral form at [neaminational.org.au/services/neami-broadmeadows](https://neaminational.org.au/services/neami-broadmeadows) or contact us and we will mail one to you.