

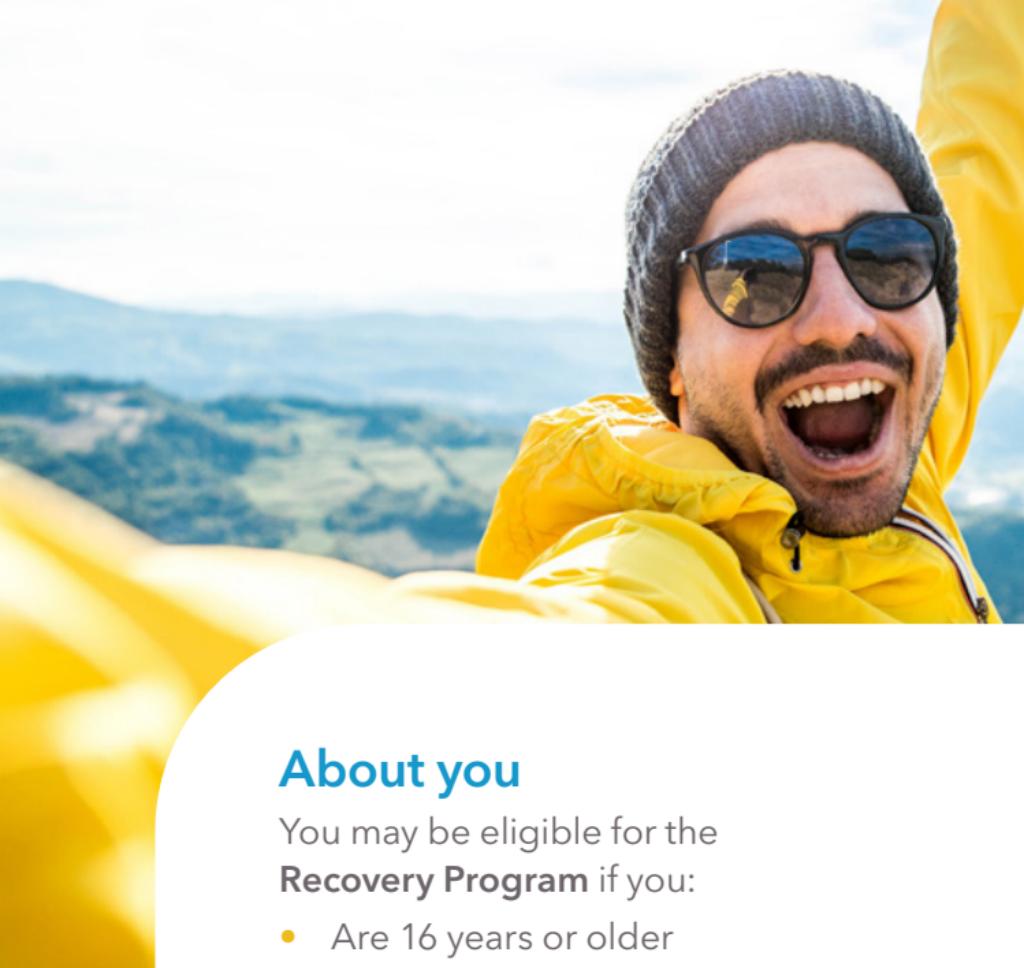
Mental Health Recovery Program



Our service
is **voluntary**,
confidential
and **free**



1800 243 232
anglicare-tas.org.au



About you

You may be eligible for the

Recovery Program if you:

- Are 16 years or older
- Live in your own home or independent accommodation
- You are experiencing mental ill health
- Live in the North or South of Tasmania

If this sounds like you, the

Recovery Program can help you feel better and reach your goals.

What the program offers

- one-on-one support
- help to overcome challenges that make life harder
- a focus on your strengths
- support to work towards your personal goals
- flexible support tailored to your needs – because everyone's recovery journey is different.



The **Recovery Program** offers free, flexible support in the community for people aged 16 and over who are experiencing mental ill health.

We can help with

- finding your strengths, interests, and goals
- getting more involved in your local community
- building independence and hope
- learning or relearning everyday skills
- boosting confidence and motivation
- working toward goals like daily living, social connection, education or employment

Referrals

If you need this service, you can ring us directly on **1800 243 232** or email us at connectsupport@anglicare-tas.org.au.

We also accept referrals to this service from a support person, such as a family member, friend, local doctor, or other service provider.

To visit our website, please scan the QR code below or visit anglicare-tas.org.au/mental-health-recovery-program



The Recovery Program is funded by the Crown through the Department of Health Tasmania.



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