# Mental Health Recovery Program





1800 243 232 anglicare-tas.org.au

## **About you**

#### Are you:

- ✓ 16 years and over?
- ☑ living in independent accommodation?
- recovering from a diagnosed mental health condition?
- ☑ live in the north or south of Tasmania.

...then the **Recovery Program** might be your next step to wellness.

## Service description

- One-to-one supports
- Assistance to overcome any barriers that prevent you from attaining your desired life
- Focus on strengths
- Work to overcome the things that get in the way of personal goals
- Everyone's recovery journey is different, so the support provided is flexible to suit your individual needs.



## The program

The **Recovery Program** offers free community based, flexible and recovery focused support for people with mental health challenges.

Areas of support can include the following:

- identifying your strengths, interests and goals
- becoming more involved in your local community
- promoting independence and hope
- developing and relearning skills
- increasing confidence and motivation to pursue and achieve goals such as daily living skills, social support and assistance to access education or employment opportunities.

#### Referrals

You can refer yourself by dropping into one of our offices or contacting Anglicare's Customer Engagement Coordinators on 1800 243 232 or connectsupport@anglicare-tas.org.au

A support person such a family member, friend, GP or other service provider can complete a referral form on your behalf.

Our Connect Support staff member will call you to discuss your needs. If the **Recovery Program** suits you, you will be linked with a Recovery Practitioner.

Support can occur at your home, at an Anglicare office or in the community depending on your support needs.

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



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