

## Get support, get connected

Wellness Connect NPSP offers community-based, one-to-one coaching and group activities that support recovery for people with mental health challenges.

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.

You'll learn strategies and develop skills that help you to:

- Identify your strengths
- Build healthy coping skills
- Achieve your goals
- Find people to help you improve your health and wellbeing
- Strengthen your support networks
- Stay safe

## 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 reflects their values and goals for the future.

## Working together

Wellness Connect NPSP is delivered across metropolitan Adelaide led by Neami National, working with Life Without Barriers, Mind Australia, Mission Australia, Skylight, Uniting Care Wesley Bowden and Community Access and Services SA.

Wellness Connect NPSP is funded by the Adelaide Primary Health Network – an Australian Government Initiative.



## Contact Us

Call 1300 358 220

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



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

Wellness Connect NPSP celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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National Psychosocial Support Program



## Practical support for people experiencing mental health challenges.

## Improve your health and wellbeing

Using a recovery focus, we support you at the times when you need it most.

An experienced mental health support worker will walk beside you in your recovery.

Support offered:

- One-on-one support for 3-6 months to identify goals, link into local services and supports, build confidence and networks
- A group-based program of up to 12 months. Groups cover 3 broad categories – social and recreational skills, practical skills and emotional self-regulation
- Support to test eligibility for the National Disability Insurance Scheme (NDIS), including assistance to gather evidence and complete application.

The Service Navigator is available to Wellness Connect NPSP participants as an additional support identifying relevant services and facilitating supported referrals.

## Our group activities

Each week we run a diverse range of groups, including bowling, walking, fishing, culture and arts, peer support, Dialectical Behaviour Therapy (DBT) skills and coffee groups.

**“The groups have given me the confidence to get out of home more and make new friends.”**

**“Initially I did not want the program, I wanted my individual supports. But now I’ve found I’m making decisions for myself when I used to ring my support worker.”**

**“I’m in the best place of my life right now. Thank you!”**



## Is this service right for you?

Wellness Connect NPSP is for people who:

- Are aged 18 – 66yrs
- Live in the Adelaide metropolitan area
- Experience mental health challenges
- Are not NDIS participants


## How to refer

Anyone can make a referral to Wellness Connect NPSP including:

- You
- A family member or friend
- Your GP
- Any other organisation

## What next?

For more information or to access a referral form, please phone Wellness Connect NPSP or visit our website:

 1300 358 220

 [wellnessconnect.org.au](https://wellnessconnect.org.au)