

# Support+

## Mental Health Recovery

Support+ step into your life for a short period of time to assist you explore what makes you awesome. We encourage you to be your true self, discuss your hopes, expectations and fears, whilst also becoming the expert of your own life. Our team is a collective of passionate individuals with varied lived experience who are there to motivate, encourage and inspire you to rediscover your mojo.

### **Support+ is free, confidential and optional offering one on one and group support.**

People on a journey to mental health recovery have a new helping hand in the Perth North Metro community, thanks to the Support+ psychosocial program.

### **How can Support+ help you?**

Support+ aims to support people aged 18-65 and their families who are experiencing issues caused by the impact of mental illness.

Our friendly and committed staff have a unique combination of professional and lived experience that will help journey with you in recovery.

We can assist you to:

- ♦ Achieve personal goals
- ♦ Develop better relationships with family and friends
- ♦ Manage everyday tasks

### **Am I eligible?**

The following are requirements to be eligible for Support+:

- ♦ Reside in the Perth North Metro area
- ♦ Identify that my mental health is impacting me in moving forward in my recovery
- ♦ Aged 18-65
- ♦ I would like support to achieve my goals

### **What's my next step?**

Our program requires you to fill out our referral form and send it through to the team. You can ask your GP, social worker, family member or friend to help you fill it out.

Our Referral Form can be accessed:

- ♦ online at [anglicarewa.org.au/supportplus](http://anglicarewa.org.au/supportplus)
- ♦ email [supportplus@anglicarewa.org.au](mailto:supportplus@anglicarewa.org.au)
- ♦ phone 1800 880 657

When we receive your form, we will be in contact to discuss the next steps.