

Get support, get connected

The 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.

Mental health recovery

We support people to achieve the wellbeing and mental health outcomes that matter to them. Everyone has different goals for their own life, and we walk alongside people to help improve their quality of life, on their terms.

Contact the Psychosocial Support Service

📞 Call 1300 168 911

📠 Fax 03 9012 4266

✉️ eastmelbournepss@neaminational.org.au

About Neami National

Neami National is a community-based organisation providing mental health, homelessness and suicide prevention services. Using a recovery approach, we provide a range of services improving mental health and wellbeing in local communities.

The Psychosocial Support Service at Neami is funded by the Australian Government through the Eastern Melbourne Primary Health Network.



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



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



Psychosocial Support Service

Mental health support
in Eastern and North
Eastern Melbourne.



Improve your health and wellbeing

The Psychosocial Support Service is for people with acute mental health challenges who will not be supported by the National Disability Insurance Scheme (NDIS).

Using a recovery focused approach, we support you when you most need it. The length of support can range from 8 weeks to a maximum of 12 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 Psychosocial Support Service is available to people who:

- Live or work in Eastern or North Eastern Melbourne
- Experience severe mental health challenges
- Are not supported by the NDIS.

Make a referral

Anyone can make a referral to the 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 168 911 or SupportConnect on 9800 1071.

You can also download a referral form at www.neaminational.org.au/EastMelbournePSS or contact us and we will mail one to you.