

Mental Health Recovery Program

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.*



AnglicareTAS
Choice, support and hope

1800 243 232
anglicare-tas.org.au



1800 243 232
anglicare-tas.org.au

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



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 the state?
(The **Recovery Program** is not yet available in the North West, sorry).

...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

South

Referrals in the south need to be made by the Adult Community Mental Health Service Case Manager through **1800 243 232** or emailing **connectsupport@anglicare-tas.org.au**

North

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 as 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.

Our offices are located at:

- 122 Elizabeth St, **Launceston**
- 159 Collins St, **Hobart**
- 436 Main Rd, **Glenorchy**
- 42 Cole St, **Sorell**