



Samaritans

Compassion Integrity Justice

Samaritans PSYCHOSOCIAL SUPPORT SERVICE

The aim of the service

Samaritans Psychosocial Support Service helps people living with a severe mental illness to build their life skills and work toward achieving their recovery goals.

Our trained facilitators can help you develop a plan which identifies your goals and support systems. We will work with you to access local services to help you build your skills and connection to your community.

Your goals may include:

- Social skills and friendships
- Family connections
- Managing daily living needs
- Financial management and budgeting
- Finding and maintaining a home
- Vocational skills and goals
- Educational and training goals
- Maintaining physical wellbeing
- Managing drug and alcohol addictions, including tobacco
- Building broader life skills including confidence and resilience

Who is Eligible?

Samaritans Psychosocial Support is available to people 16 and over with severe mental illness who:

- Live in the Mid North Coast Local Health District
- Have an associated level of reduced psychosocial functional capacity
- Are not receiving support through the National Disability Insurance Scheme (NDIS) or National Psychosocial Support (NPS)
- Are not receiving support through Community Living Supports (CLS) or Housing and Support Initiative (HASI)

How to Access the Service?

Anyone can make a referral to the Samaritans Psychosocial Support Service, a referral from a medical professional is not required.

Referrals can be made online, via email or over the phone.

Online by visiting: www.samaritans.org.au

Over the Phone: **4960 7275** or

Via Email: psychosocialsupport@samaritans.org.au
(a copy of the referral form will be emailed to you).

Please note this is not an emergency mental health service. If you or someone you know needs urgent assistance, please call 000, present at your local hospital or contact Lifeline on 13 11 14.

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative

We are funded by the phn to provide services to the mid coast area

