



FREE SUPPORT
for people living with
severe mental health
challenges

COMMONWEALTH PSYCHOSOCIAL SUPPORT PROGRAM

A PSYCHOSOCIAL SUPPORT PROGRAM
helping you live the life you want

Discover how CPS could help you.

The Commonwealth Psychosocial Support (CPS) Program provides time limited **recovery support** for people living with severe mental health challenges **to achieve their goals and improve wellbeing.**

A recovery support worker and CPS worker can **help you work on the goals** you want to achieve. You will be **supported** to take part in a range of activities **to help you live your best life.**

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For referrals into the program,
please contact:

ONE DOOR MENTAL HEALTH
T: 1800 843 539 / E: CPS@onedoor.org.au

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One Door Mental Health
deliver CPS services in South Eastern NSW for Coordinare.



*The Commonwealth Psychosocial Support Program is funded by
the South Eastern NSW Primary Health Network.*



What is CPS?

Imagine if you had someone to support you with the challenges in your life.

CPS provides psychosocial support to help you improve wellbeing and achieve your goals.

This can be supporting you to connect with your community, finding work, education or accommodation and linking you up with services and health professionals to help you.



Who can access CPS?

CPS can help people who:

- are aged 16+
- are living with mental challenges
- are not receiving funding under NDIS (National Disability Insurance Scheme)
- the Illawarra Shoalhaven LHD and Southern NSW LHD.
 - Illawarra
 - Shellharbour
 - Shoalhaven
 - Eurobodalla

What support will I receive?

CPS tailors support to your specific needs. A recovery support worker and access worker will aim to help you achieve your goals, manage daily tasks, get involved in activities and make connections. You may receive support with finding work, connecting with your community, or accessing other health professionals.

What is a CPS worker?

Many of our team members have lived experience of mental health challenges and recovery. Such valuable skills help you achieve your goals and participate in community life the way you want to.



Community Activities

connecting people in your community

Reaching Goals

support to reach your education employment & financial goals

Linking You

with services, supports, recovery groups & health professionals

Group Support

understanding your mental illness & living the life you want

NDIS

Testing

How do I access CPS?

Anyone can refer an eligible person to the program (with their permission) including:

- Self-referral
- Carers, family or friends
- Health professionals

Please see referral contact details at the back of the brochure.