

Our approach

Neami National is a community mental health service that provides rehabilitation and recovery support services across Australia.

We work in a positive framework and assist you to build your confidence and skills to achieve a greater sense of meaning and purpose in life based on your own values.

We provide services in diverse communities ranging from the inner-city suburbs to regional and remote areas.

Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that matches their own values and goals for the future.

Recovery goals often include physical and mental health, self-confidence, social and community connection, education and skills development, and employment.

Collaborative Recovery Model (CRM)

We use the Collaborative Recovery Model to support people through our services.

The CRM aims to identify your personal values and goals, and then helps you make progress towards achieving them. Each person chooses their own goals.

Our staff support you along the way and help connect you with other services in your local community.

More information

Contact Neami Hurstville

9am–5.30pm
Monday to Friday

Phone: 02 9570 5933
Fax: 02 9570 5988
hurstville@neaminational.org.au

About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

Improving mental health and wellbeing in local communities

www.neaminational.org.au/hurstville

Neami Hurstville

Outreach support for mental health recovery, independence and wellbeing



Outreach support for mental health recovery (HASI)

We provide rehabilitation and recovery support to people experiencing moderate to severe levels of mental illness. The type and amount of support varies depending on your needs. Your participation is voluntary.

Outreach support is provided through the New South Wales Government's Housing and Accommodation Support Initiative (HASI).

The program:

- Provides flexible support on a daily or weekly basis
- Offers support in your home or a preferred setting
- Links you with services relevant to your life goals
- Assists until you are confident with your independence

Outreach support for greater independence (RRSP)

We also provide outreach support with a particular focus on increasing confidence, self-reliance and improved access to community, social, leisure and recreational activities. This program is known as the Recovery and Resource Services Program (RRSP).

The program:

- Provides up to two hours per fortnight of support
- Links you with services relevant to your life goals
- Assists until you are confident with your independence

Optimal Health Program (OHP)

The Optimal Health Program is a group program which helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs. It provides tools to help set your own priorities and work towards progress in your chosen areas.

You will develop your own wellbeing plan and are encouraged to use the skills you have gained through the program with your support networks.

Flourish

Flourish is a recovery focused, self-development group that is fun, interactive and helps you to explore your values and strengths. This is part of building your life vision, which represents your direction in life. Flourish is run by Peer Support Workers who have a lived experience of mental health issues and recovery.

Feedback and complaints

Feedback and complaints are welcome in all our services and other organisational areas.

We will respond to your complaint in a fair, timely and unbiased way.

For more information on the feedback process, including downloading the feedback and complaints form, visit neaminational.org.au/feedback

Eligibility

To be eligible for HASI and RRSP services you must be:

- Aged 16 or over
- Diagnosed with a mental illness and, for HASI packages, linked in with a Community Mental Health Team
- Able to benefit from the support available by identifying and working towards goals in areas such as social, recreational, educational and vocational opportunities
- Live in or have a connection to the local Sutherland or St George areas
- Eligible for public or community housing in New South Wales (for some HASI packages)

Referrals

Referrals for HASI can be made via phone to arrange an assessment interview.

You will need to be connected to a Community Mental Health Service in the Sutherland or St George area, and referrals can be made through this area.

Referrals for RRSP can be made by contacting us directly by phone or email to arrange an assessment.

Upon receipt of a referral, a face-to-face assessment will be conducted to determine the suitability of these services for your needs.