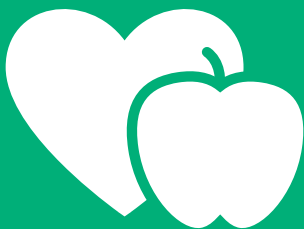


# Active8

A program for people experiencing mental ill-health to identify and work on physical health goals





## Eat Plant Learn

Eat Plant Learn is a group program that promotes healthy and sustainable eating. It consists of six structured sessions and covers topics such as:

- Introduction to healthy and sustainable food
- The benefits of healthy eating
- Growing your own food
- Seasonal cooking
- Sourcing healthy and sustainable food at affordable prices.

Participants can opt to take part in all or some of the sessions. The sessions are held at different local venues such as community centres, and are run during the day and evening, according to individual needs.



## Coaching for Physical Health

Coaching for Physical Health provides up to eight one-to-one coaching sessions to work on an identified physical health goal. These sessions are delivered face-to-face at the participant's home, at a preferred community location, over the telephone, or via an online platform.

Coaching for Physical Health is delivered by peer health coaches and recovery coaches. Coaches have an understanding of the challenges people face when making physical health behavior changes whilst living with a mental illness. They are trained in the delivery of Coaching for Physical Health, with ongoing professional development to support their practice.



## Kick the Habit

Kick the Habit is a person-centered tobacco management program that supports participants to monitor, reduce or quit smoking.

Kick the Habit provides up to ten one-to-one coaching sessions to assist people in developing an individualised plan, based on their own goals and reasons for reducing or quitting. These sessions are delivered face-to-face at the participant's home, at a preferred community location, over the telephone, or via an online platform.

The Kick the Habit program also includes access to Nicotine Replacement Therapy (NRT).



## NSW Health Modules

The NSW Health Modules aim to empower people to address their physical health and wellbeing, by creating awareness and promoting access to education and resources specifically designed for and by people living with mental ill-health. These modules will be delivered in a group setting and will involve discussion, practical learning activities, information sharing, and evaluation.

NSW Health Modules include:

- Skin Smart
- Oral Health
- Tobacco Awareness
- Healthy Eating
- Medication

## How to access the programs

Referrals to Active8 can be made over the phone or with a simple referral form that can be emailed to the address on the back of this brochure.

Referrals will be accepted from HASI or COS participants (depending on your geographical location) providing the person being referred meets the eligibility criteria and is present when the referral is being made.

### Eligibility criteria for participation

To be eligible for the Active8 program, you must:

- Have experience of mental ill-health
- Have a clear identified physical health goal or a readiness to make changes to improve physical health
- Be aged over 16.

See our website for a referral form:

[www.neaminational.org.au/active8](http://www.neaminational.org.au/active8)

### Tools for support

Participants of Active8 can access the following tools during the program, to help in achieving their goals:

- Neami's Collaborative Recovery Model
- The SMART Goal Model
- Neami's Physical Health Prompt
- Consumer feedback processes.



# What is Active8 ?

Active8 is a physical health program for people experiencing mental ill-health. Active8 offers a combination of group or one-to-one programs.

All of the Active8 programs support participants to identify and work on physical health-related goals, as well as to improve their health literacy, engagement with health services and self-management.

Participants will be able to take part in one or more of the Active8 programs, according to their identified physical health needs and goals.

All of the Active8 programs are led by peer health coaches or recovery coaches. The peer health coaches bring their own experience of recovery and use this to boost participant experiences, while the recovery coaches bring their learned expertise to enhance program delivery.

“The thing I liked the most was the combination of group and one-to-one programs with the same people involved, and the chance for reinforcing and crossing over information.”

- Participant, Active8

## Contact us

Active8 Team

Email [active8@neaminational.org.au](mailto:active8@neaminational.org.au)

Phone 02 9570 5933 (Hurstville)

Phone 02 4226 3277 (Wollongong)

## About Neami National

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 values.

[www.neaminational.org.au](http://www.neaminational.org.au)



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.

Neami National, June 2020.