

## Our approach

We're big believers in everyone having the opportunity to live a full life – and we give our all to support people to achieve the wellbeing and mental health outcomes that matter to them. Our practice is informed by evidence; what's been proven to help people with mental health challenges and adversity and what people tell us helps. We aspire to place lived and living experience at the heart of what we do.

### We walk alongside you


The way we work with people is responsive and very human in its nature. This means being flexible and working at your pace – meeting you where you're at. Through ups and downs and when no clear answers are ready. We respect your choices, your ways and what you want to be supported with.

People's reasons for accessing support from Neami are diverse and often have several dimensions. Our role is to support people to access what they need for a fulfilling life – knowing that requires different things for different people.



## Neami Seven Hills

Unit 29, 20 Tucks Road, Seven Hills NSW 2147

 02 8416 1100

 [sevenhills@neaminational.org.au](mailto:sevenhills@neaminational.org.au)

### About Neami National

At Neami we support individuals living with mental health challenges to achieve the outcomes they value. We are proud to support 38,000 people living with mental health challenges across Australia and offer more than 70 services, over 45 different Indigenous lands. These services include mental health and wellbeing support, housing and homelessness, and suicide prevention services.

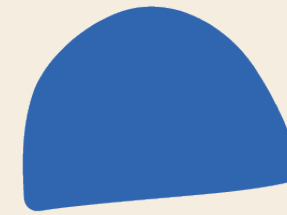
[www.neaminational.org.au](http://www.neaminational.org.au)



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



## Neami Seven Hills

Support for mental health recovery, wellbeing and independence.



## Our services

We support people in their recovery while also helping to strengthen connections to the community and support networks.

### The Enhanced Adult Community Living Supports Program (CLS)

Our Community Living Supports program helps people to recognise their strengths, values and goals, and then work to reach or move closer to achieving these goals.

A support plan is developed by focusing on existing values and strengths.

The amount of support provided through the CLS program varies depending on the needs of the person accessing the service.

### WorkWell

WorkWell provides employment support that champions individual choice, strengths and values.

Our Employment Specialists provide people with flexible, tailored support throughout their employment journey, including post-job support.

## Group support

We offer group programs that unite people based on shared interests or needs.

These groups might focus on health or help people with their future goals. They offer guided and peer support, to help achieve health and wellness objectives.

Our groups include:

- social and wellbeing groups
- daily living skills groups
- health and education groups
- monthly day trips to explore different parts of Sydney.

We aim to connect people with community programs that can support greater community connection and independence.



## Eligibility

To access this service you must:

- be aged 16 years and older
- be diagnosed with having a mental illness and engaged with the Western Sydney Mental Health Service
- be willing to engage in regular support to develop and achieve your goals
- live in the Western Sydney area.

Fixed or stable housing is not required. Meetings can take place at Neami or an agreed place in the community.

## Make a referral

To make a referral, contact Neami Seven Hills on 02 8416 1100 or email [intake.westernsydney@neaminational.org.au](mailto:intake.westernsydney@neaminational.org.au).

Referrals can be made by individuals, carers, families, mental health professionals or other health care providers.

Referrals must be discussed with the individual prior to making the referral. Please ensure the consent component of the form is completed.

We encourage referrals from people from culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander people, youth, and refugees.