

Our approach

We're Neami. We're big believers in everyone having the opportunity to live a full life. For some people, this means having a stronger sense of self. For others, it may mean nurturing relationships or building the confidence to tackle tomorrow. We support people to improve their quality of life in a way that suits them.

Our approach is based on evidence: what has been proven to work and what people tell us helps. We adjust and improve our approach to make sure that we're doing the very best we can.

We value lived and living experience. We try to learn from people's personal experiences of mental health challenges, adversity and interactions with support services. We use what we learn to design and influence our programs and services.

We work with you

The way we work with people is responsive and flexible to suit you. This means being supportive and working at your pace.

We respect your choices and how you want to be supported. We work together through ups and downs and when there are no clear answers.

People's reasons for accessing support from Neami are diverse. Our role is to support people, and we know that different people require different supports.

Pathways to Recovery

- 📍 4/118 Main South Road, Morphett Vale SA 5162
- 🕒 Monday - Friday, 9am - 5pm
- ☎ 08 8326 3591
- ✉ southernwellbeinghub@neaminational.org.au

Emergency contacts

Police, ambulance, fire: 000
Lifeline: 13 11 14
Mental Health Triage: 13 14 65
UMHCC: 08 8448 9100

About Neami National

Neami supports people to achieve wellbeing and mental health outcomes that matter to them. We provide services across Australia for mental health and wellbeing, housing and homelessness, and suicide prevention.

www.neaminational.org.au

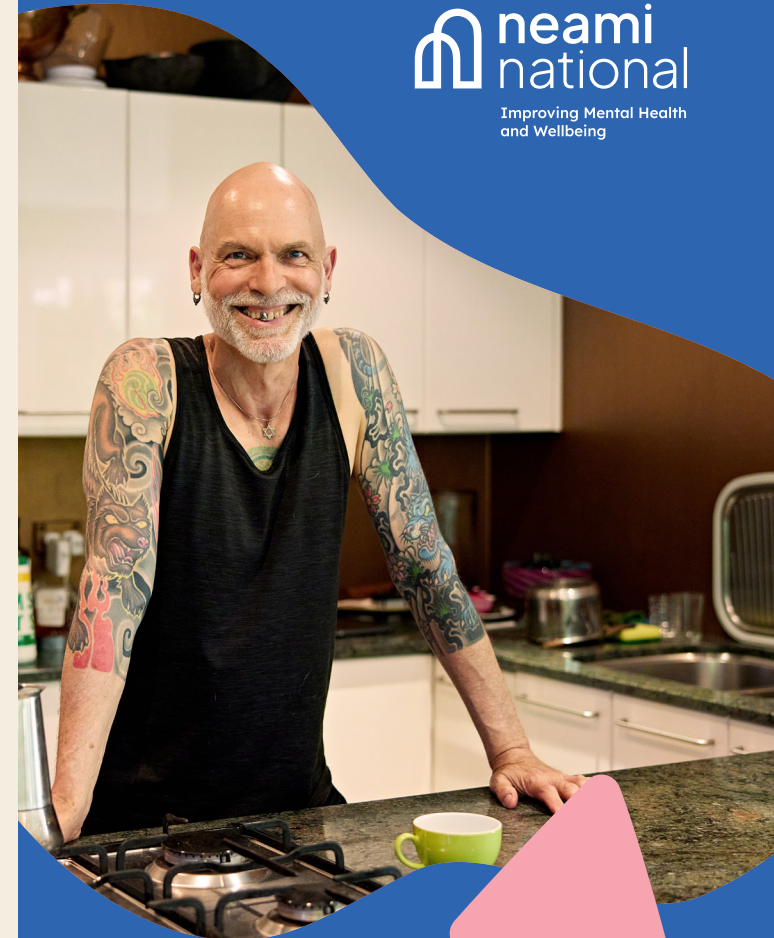
Pathways to Recovery is delivered by Neami National in partnership with SA Health.



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 and present. We recognise that their sovereignty was never ceded.



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



Pathways to Recovery

A Southern Wellbeing Hub service providing holistic mental health and wellbeing support



About our service

Pathways to Recovery provides holistic mental health and wellbeing support to people who are ready to transition from public mental health services, with a focus on both mental and physical health and wellbeing.

As a 'step-down' service, you'll be connected with a peer worker and a mental health clinician for up to six months, with the option to extend to 12 months if you need.

Working together, we'll support you to:

- reduce distress and improve how you cope with crisis periods
- improve your management of mental health symptoms
- improve your quality of life
- build your support network
- link you to other services and programs to support your recovery.



How we can support you

Therapeutic services

We collaborate with you, drawing on your lived experiences to shape the support that suits your needs.

Peer support

You'll have access to a Peer Support Worker from the start of your support with Pathways to Recovery, throughout, and while you're transitioning out. Peer Support Workers have their own lived experience of mental health challenges and will work alongside you and the Mental Health Clinician to help you reach your goals,

Care-coordination

We will work alongside you to coordinate your care, including other services and your support people. We'll support you to connect and communicate with services in the community that you tell us are important.

Improving physical health

We can work with you and your GP to manage any physical health challenges that may arise alongside your mental health needs.

Psychosocial support

We can provide individual and group education around recovery, supporting your mental health and wellbeing, managing side effects, and mindfulness.

We can also support you with daily activities, parenting skills, community connection, social skills, and employment.

Eligibility

To be eligible for the Pathways to Recovery Service, you need to be aged 16-64 years and:

- be experiencing complex mental health and wellbeing challenges, such as severe anxiety or depression, psychotic or mood disorder, and/or personality disorder
- have accessed tertiary care (public mental health services) and may be transitioning out of a Community Treatment Order
- are ready to transition into a community and recovery-oriented program, and require support to do this
- live in South Australia.

Make a referral

You can be referred to the Pathways to Recovery program via a Local Health Network community mental health team.

For referrals, please call the Southern Wellbeing Hub on 08 8326 3591.

