

## Get support, get connected

The Northern Melbourne Psychosocial Support Service offers one-to-one coaching and group activities that support recovery for people experiencing mental health challenges.

Support may include help with daily living, looking after your health, finding a home, gaining employment, and improving your connections with family, friends and the community.

Learn strategies and develop skills that help you to:

- identify your strengths
- build resilience
- achieve your goals
- find people to support your wellbeing
- connect with family or with your community
- improve your physical health
- enjoy a full and vibrant quality of life.

## 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.

## Contact the Northern Melbourne Psychosocial Support Service

 Call 1300 052 588

 Fax 03 9309 4843

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

### About Neami National

At Neami, we support people to achieve the 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](http://www.neaminational.org.au)

The Northern Melbourne Psychosocial Support Service at Neami is funded by the Australian Government through the North Western Melbourne PHN.



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.



# Northern Melbourne Psychosocial Support Service

Mental health support  
in North Western  
Melbourne.



 **neami  
national**  
Improving Mental Health  
and Wellbeing

## Improve your health and wellbeing

The Northern Melbourne Psychosocial Support Service is for people with acute mental health challenges who are not supported by the National Disability Insurance Scheme (NDIS).

We support you when you most need it. The length of support can range from 8 weeks to a maximum of 12 months.

An experienced mental health support worker will spend time with you to:

- support your mental and physical health
- develop a recovery plan
- achieve your goals through face-to-face and phone coaching
- reduce your need for hospital services relating to your mental health
- reach out to the people in your life who can support your recovery, such as:
  - carers or family members
  - your doctor or GP
  - services in the community
  - health professionals.

## Support to suit your needs

We work with you to build confidence and develop skills to achieve the life you want. The support you receive is based on your needs and preferences.

This can include:

- daily living support
- connecting with community
- emotional support
- improving physical health
- family relationships
- coordinating services
- support with the justice system
- alcohol and other drugs support services
- managing money
- education
- employment.



## Eligibility

The Northern Melbourne Psychosocial Support Service is available to people who:

- live or work in Hume, Darebin, Merri-bek, Yarra, Melbourne, Moonee Valley or Macedon Ranges
- experience severe mental health challenges
- are not supported by the NDIS.

## Make a referral

Anyone can make a referral to the Northern Melbourne Psychosocial Support Service including:

- you
- your doctor or GP
- a family member or friend
- other mental health or health services.

To make a referral you can call Neami on 1300 052 588.

You can also download a referral form at [neaminational.org.au/services/neami-nortnnermelbourne](http://neaminational.org.au/services/neami-nortnnermelbourne) or contact us and we will mail one to you.