

At Centacare, we believe in wellbeing for all.

We advocate for, support and service vulnerable members of our community

We do this by:

- Providing services that are flexible and responsive to the needs of our communities.
- Building strong connections and partnerships.
- Empowering individuals to create change for the better.
- Creating resilient communities by giving all people a voice.

Other Centacare Services

Support Mental Health:

We offer individual, couples or family counselling sessions to help support you to achieve a better sense of wellbeing and improved relationships.

School Wellbeing Program:

For our children to think right, they must first feel right. Our School Wellbeing Practitioners work with students, families and school staff within the school community.

Support with your NDIS Plan:

Your NDIS coordinator will work with you to find quality supports, link you with the right providers, provide support with social and community access.

Have you recently settled in Australia?

Our Settlement, Engagement and Transition Support team (SETS), can help new Australians to feel better connected and supported in their community.

Parental Support:

Our Educators are available to provide parental coaching and individualised tailored support to strengthen parent child relationships.

Psychology Services:

Provides psycho-educational assessments and evidence based intervention for both individuals and groups and is a Medicare Registered Provider.

Centacare South West NSW

Wagga Wagga | Albury | Griffith | Mulwala

P: 1300 619 379

E: info@centacareswnsw.org.au

www.centacareswnsw.org.au



Office locations:

Wagga Wagga
203 Tarcutta Street

Albury
449 Olive Street (PO Box 3143)

Griffith
140 Yambil Street (PO Box 2330)

Mulwala
109 Melbourne Street



**Psychosocial
Recovery Coach &
Support Coordination**

At Centacare we are passionate about supporting all people in our community. We belong to the Wagga Wagga, Albury, Griffith and Mulwala surrounding communities. We believe in wellbeing for all.



What is a Recovery Coach?

A recovery coach is a NDIS funded worker that has mental health knowledge. A recovery coach will:

- spend time with you, and people important to you, to get to know you and understand your needs
- help you to find out about different services and supports, and how these can help you
- help you get support from mental health services
- help you better understand NDIS and support you with the NDIS

You can choose a recovery coach with lived experience. A recovery coach with lived experience has their own lived experience of mental ill health and recovery and are able to use this experience to inform their work.

Who will get recovery coach funding?

Generally recovery coach will be funded in plans for people with psychosocial support needs. You do not have to choose a recovery coach if you do not want one.

What is Support Coordination?

A Support Coordinator will support you to understand and implement the funded supports in your plan, as well as link you to community, mainstream and other government services. A Support Coordinator will focus on supporting you to build skills and connect you to providers.

What is the difference between a Support Coordinator and a Recovery Coach ?

A support Coordinator's job is to find out what services you need, connect you with these services, ensure that these services are providing quality support, keep track of your funding and assist you in preparation for your next Plan Review. A Recovery Coach can do this as well.

The additional aspect of the Recovery Coach role is that they will work together with you to ensure that everyone around you is doing their best to support you to reach your NDIS goals.

Can I have both?

Depending on your plan or situation you may choose to have both.

How many hours can I get?

Hours are based on your needs. Your NDIS planner or Local Area Coordinator will work with you to decide on the number of hours you would need.

Can I find a Support Coordinator or Recovery Coach from Centacare?

YES Contact the Centacare office by phoning 1300 619 379 and ask to speak to someone about support coordination or recovery coach or email info@centacareswsw.org.au

Five important questions to consider when choosing a recovery coach

- Are they someone you can get along with and easy to talk to? Are they good at listening to you?
- Do they have a lived experience of mental illness and recovery?
- What are their level of qualifications and experience, and ongoing training?
- Are they registered or not registered with the NDIS Quality and Safeguard Commission?
- Are they available to support you at times and locations that are suitable to you?

More information is available on the below website

Centacare - www.centacareswsw.org.au

NDIS website - www.ndis.gov.au