

## Psychosocial Recovery Coaches



*Access Lifecare has the fundamental belief that a person experiencing mental illness can live a full and meaningful life, through psychosocial recovery and planning.*

*Our Psychosocial Recovery Coaches facilitate independence, hope, healthy relationships and life choices.*



*While building a trusting and respectful relationship, our skilled coaches will support individuals to identify and develop recovery skills, including motivation, strengths, resilience, and decision making within a supportive, person-centered framework.*



## Contact

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# ACCESS LIFECARE



CARING FOR YOUR LIFE





**ACCESS**  
Lifecare

*Using a collaborative approach, our Recovery Coaches will work with individuals, their families, carers and support networks (including NDIS and clinical mental health services) to design, plan and implement a realistic recovery plan; working toward achieving an individuals' goals and aspirations. Individuals will be encouraged to take greater control of their lives and will develop skills to help them better manage complex challenges of day to day living.*



*Our Psychosocial Recovery Coaches have extensive knowledge and experience in mental health and will support individuals to develop and maintain their own personalised recovery plan, based on the Acceptance and Commitment Therapy Model.*

