

### **HealthWISE Lived Experience Psychosocial Support: Program Information**

Mental health Lived experience staff work in partnership with Mental health clinicians to offer this service across Ipswich and the Southern Downs region (Warwick and Stanthorpe) funded by the DDWMPHN at no cost.

This program offers a range of confidential non-clinical supports for people who experience complex mental health problems and can assist with:

- ✓ Social skills and connection, including family connections
- ✓ Day to day living skills including help accessing financial support and budgeting
- ✓ Finding and maintaining a home
- ✓ Vocational skills and goals including volunteering, education and training goals
- ✓ Maintaining physical wellbeing, including exercise and linking with health professionals
- ✓ Building broader life skills including confidence and resilience
- ✓ Managing drug and alcohol addiction e.g. tobacco

This service can support:

- People 18 years and over.
- Experiencing mental health issues that significantly impact psycho-social wellbeing in personal and work life.
- Have been diagnosed with a severe and complex mental health illness and would benefit from specialised psychosocial supports to build on active living skills.
- Are currently under the care of a GP or Psychiatrist and do not have an NDIS package.

Referrals can be made by the person requiring support or carer /health professional.

Services are offered through face to face, phone, or telehealth and are flexible and responsive.

HealthWISE will contact people for assessment and appointments.

**FAX:** 1300 452 059 or

**Medical Objects:** HEALTHWISE, MENTAL HEALTH

**E-Referral system:** refeRHEALTH

**For more information contact HealthWISE on:** 1800 931 540

**Email:** [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au)

**Website:** [www.healthwise.org.au](http://www.healthwise.org.au)