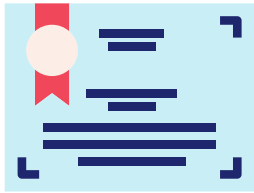
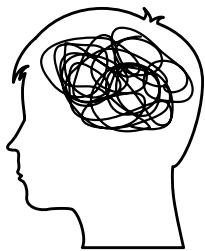


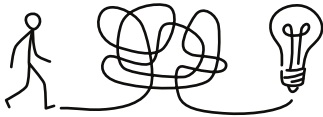
# What does a **Psychosocial Recovery Coach** do?



Psychosocial recovery coaches are workers with training and/or experience in mental health

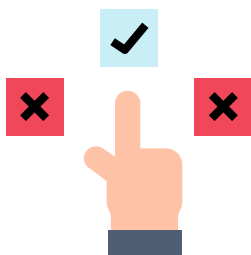


They work with people who have a psychosocial disability, like depression, bipolar disorder, or schizophrenia



Recovery coaches need to have either

- **lived experience** (they've had or still have a mental health condition), or
- **learned experience** (they've studied mental health)



When you pick which recovery coach you want to have, you can decide which type of experience will help you more.



A recovery coach will help you to understand and implement your NDIS plan

## Want more information?

Get in touch with us today, and we can help you to make sense of your NDIS plan.

### Contact us at:



1800 024 000

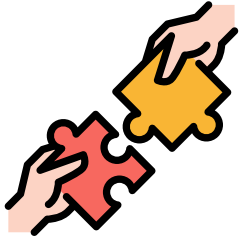


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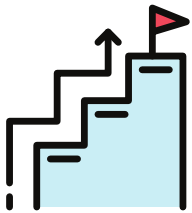




They'll connect you in with supports in your community



Recovery coaches help people to create a recovery plan, so they can manage their disability and live a fulfilling life.



A recovery plan helps people to break down their goals into smaller objectives.



It identifies who can support the person, and what their responsibilities will be



Recovery coaching is different to support coordination, in that you'll receive a lot more hours. You might be able to see your recovery coach several times a week.




Recovery coaches also have a broader role. They might be able to do a lot of the things that support workers normally do for you.


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