inclusionwa

MENTAL HEALTH AND WELLBEING

PERSONAL RECOVERY SERVICE

WHO ARE WE?

Inclusion WA has been working in the Perth Metro area for over 25 years, helping people who are socially isolated to be more connected with their community.

Our 'Personal Recovery Service' assists people to define what recovery and living a good life looks like to them, in order to live a valued and meaningful life.

> ***"We believe a good service responds to, and is accountable to YOU."***

We won't make you fit our service; rather we work with you to find the best way to fit into your life.

WHO DO WE SUPPORT?

We work alongside people with a mental illness. Most people receive individualised funding through the National Disability Insurance Scheme. Inclusion WA will work flexibly to provide you with the appropriate levels of support for you to reach your goals. This means the types of support we provide varies greatly.

Here are a few ways we currently work alongside people:

- ***Finding paid employment;***
- ***Assisting to develop strategies to manage anxiety;***
- ***Developing social skills and;***
- ***Building natural support networks.***

WHAT DO WE DO?

Develop a Positive identity: Build on your existing strengths to develop an identity outside of being a person with a mental illness

Framing 'mental illness': Having a mental illness may be a part of who you are but it doesn't define who you are as a person.

Self-management techniques: Developing and implementing strategies to live a good life. This does not mean doing everything on your own. It means being responsible for your own well-being, including seeking help and support when necessary.

Developing Valued Social Roles: Finding or re-establishing valued social roles. These could be out in the community or within your family and friends.

WHY ARE WE HERE?

At Inclusion WA we understand that recovery is a unique and individual process and that your diagnosis does not define you. Our role is not to be 'another expert' in your life, rather we aim to work alongside you to design your own goals towards wellbeing and provide you with the appropriate levels of support to ensure you achieve these goals.

We also don't believe that people should only receive support within traditional 9-5 work hours. We understand the importance of giving you genuine choice and control over your own life.

HOW DO WE WORK?

At Inclusion WA our Personal Recovery service is all about YOU.

We work within the personal recovery framework to:

- ***Promote a culture of hope***
- ***Focus on strengths***
- ***Collaborate partnerships and meaningful engagement***
- ***Promote autonomy and self-determination***

HOW CAN YOU GET INVOLVED?

We would love to talk to you and discuss how Inclusion WA could help to make a positive difference in your life.

Contact the Mental Health and Wellbeing team

on 9201 8900 or info@inclusionwa.org.au

inclusionwa

www.inclusionwa.org.au