

Psychosocial Support Program.



Focussing on recovery by seeing the whole person and connecting to community.

Psychosocial support for people without NDIS funding who are living with a mental health condition that directly impacts their everyday life and are seeking assistance in their recovery journey. Our non-clinical support services complement and enhance the benefits of clinical mental health services.

This service is supported by funding from the WA Primary Health Alliance under the Australian Government PHN Program and The WA Mental Health Commission.

What does Avivo do?

We know every recovery journey is as unique as every person.

Our strengths-based, recovery-focused approach recognises people as unique individuals with strengths, preferences, aspirations and needs.

This allows us to see the whole person, and together make choices that best support living a meaningful life.

Our program supports the recovery of people whose lives are severely affected by mental illness by:

- supporting people in managing daily activities
- helping people to access the services they need when they need them
- building personal capacity and self-reliance
- increasing levels of community participation and connection

No formal diagnosis is required, and people can be referred from any source.

Avivo's non-clinical community-based mental health services are for people who are not accessing services through the National Disability Insurance Scheme (NDIS).

We're able to help with testing NDIS eligibility if it's identified that you may benefit from longer-term support.

Avivo's Psychosocial Support Program is not an emergency response service; however, a Safety or Crisis Awareness Plan can be developed.

How does it work?

Our program adopts a holistic approach that ensures people get the best support for their individual needs.

As well as considering mental illness, we look for additional physical and emotional wellbeing concerns that may impact mental health recovery.

Our program appoints an Avivo mental health specialist to:

- help to manage daily activities better and reconnect to community
- connect people to outreach services if needed
- provide referrals and links with appropriate services, such as clinical, drug and alcohol, employment, and accommodation services
- work on Individual Recovery Plans which focus on goals and recovery
- engage and support family, carer, and other relationships
- monitor and report progress against Individual Recovery Plans

People accepted into Avivo's program must each have an Individual Recovery Plan developed with their support worker.

This is so they can be supported to reach the goals that are important to their recovery, ensuring that where other services are needed, it is done in a coordinated, integrated, and complementary way.

Am I eligible?

A clinical diagnosis is not required for people to access Avivo's program, and a person must:

- Live in the Wheatbelt's coverage area
- Be aged 16 to 65 years
- Have an associated level of reduced psychosocial functional capacity
- Not have funding from the National Disability Insurance Scheme (NDIS).

How can I apply?

Anyone can make a referral to Avivo's program, including:

- Self-referrals by members of the community
- Carers, family, and friends
- GPs and other regional service providers.



Family and Carer Support

The Family and Carer Support program offers support, information, education, and opportunities to develop skills for families and carers caring for a person with a mental illness while maintaining their own health and wellbeing.

Families and carers are supported through responsive, flexible, and individually tailored services.

The support and services we provide focuses on:

- Emotional support
- Assisting people with getting out and about through social activities
- Providing support to take a break from caring
- Providing information and education to families and caregivers about mental illness and how to care for themselves
- Assisting with accessing counselling and advocacy services

To be eligible, you must be an unpaid family member or carer of a person with a lived experience of mental health conditions.



At the heart of Avivo is our steadfast belief that everyone matters.

Avivo is a not-for-profit community organisation that supports people with a disability, people who experience mental ill health and older people across Western Australia.

We exist to make real what matters to the 3500+ people and families we support each year.

We are champions of individualised support, autonomous teams, contemporary technology, and meaningful community connection.



Like to know more?

We're a registered disability, aged care and mental health service provider – get in touch today!

 Call us
1300 428 486

 Send us an email
hello@avivo.org.au

 Visit our website
avivo.org.au

 Follow our Facebook page
facebook.com/avivolivelifelife

Need help now?

Avivo's program is NOT for emergencies.

For free 24/7 crisis support call:

Lifeline
13 11 14

The Samaritans 24/7
Anonymous Crisis Support
135 247

Suicide Call Back Service
1300 659 467

Triple Zero
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