

Psychosocial Support Program.



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

Psychosocial support for people 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 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
- help you to find and join in with the things that matter to you, in your community
- help to develop and maintain friendships.

Avivo's Mental Health Program is not an emergency response service.

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 will:

- 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 with you on your recovery goals and support you to live your best life
- engage and support family, carer, and other relationships



Am I eligible?

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

- Be aged 18 years and over
- Have a severe and persistent Mental Health condition that impacts the person's ability to live the life they wish to
- In some cases this funding can be used alongside NDIS funding to compliment the person's recovery

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 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 WA Anonymous Emotional Support
(Calls between 8am to 8pm only)
08 6383 9850

Suicide Call Back Service
1300 659 467

Triple Zero
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