



Coaching for Physical Health

This one-on-one support program pairs you with a trained Peer Support Worker. This program provides up to 6 coaching sessions to support you in reaching your physical health goals to improve your wellbeing and quality of life.



For more information:

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Referrals:

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Active8 is open to anyone living with a mental health condition (whether or not diagnosed), who would like to improve their physical health and wellbeing.



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.



We are committed to cultivating inclusive environments for staff, consumers and carers and celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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Active8



neami national
Improving Mental Health and Wellbeing



This program teaches you about affordable ways to improve your health and wellbeing through engaging workshops about gardening and sustainable eating. These small group workshops are offered in person and may also include outings to fresh markets and community gardens.



Health Modules

The Health Modules enhance physical health and wellbeing, by creating awareness and promoting access to education and resources specifically designed for and by people living with a mental illness. As a result, they improve health literacy and allow you to make informed choices about your physical health. The health modules are facilitated one-on-one or in a group setting with both online and in-person opportunities available.



Smoking is the leading preventable cause of death in Australia.

In this program, you will receive one on one coaching support to develop and implement an individualised smoking management plan based on your own goals and reasons for reducing or quitting. In addition, you will be supported to use Nicotine Replacement Therapy (NRT) to minimise nicotine withdrawal symptoms and reduce associated mental health symptoms.

