

Active8 WorkWell

Neami National is providing the Active8 Health Coaching and WorkWell Employment Support programs in the CESPNN region as part of the Commonwealth Psychosocial Support (CPS) Program.

Active8 recognizes that physical health change and health literacy are associated with improvements in overall wellbeing and quality of life. The program provides one to one support in health coaching by a Peer Support Worker and options to gain health literacy and social interaction through in-person and online groups.

Eligibility

The Active8 and WorkWell programs are available to people who:

- Experience a mental health condition (diagnosis not required);
- Have an associated level of reduced psychosocial functional capacity;
- Live, work, or study in the CESPNN region;
- Are not assisted by the NDIS; and
- Are not receiving any other psychosocial support services that duplicate those provided through CPSP.

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WorkWell aims to assist with finding employment opportunities that meet your interests, needs, and future goals. The program includes one to one tailored support and emphasises the benefits of social inclusion in the workplace.

Referrals:

cesphn.org.au



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Improving Mental Health
and Wellbeing